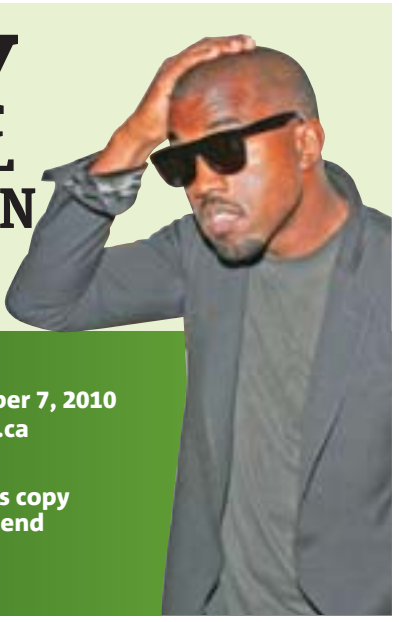
STRESS GOT YOU AT YOUR SPLIT'S END? HAIR LINKED TO HEART HEALTH {page 46}

SORRY KANYE STILL FEELING PAIN SCENE {page 30}



TORONTO metro®

Tuesday, September 7, 2010
www.metronews.ca

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▶ Revellers soak in the atmosphere at yesterday's Brazilian Day festival.

SOL PORTO/TOPNEWS

A taste of Rio in downtown T.O.

Tens of thousands of fans filled Yonge-Dundas Square yesterday to revel in the pop stylings of Brazilian superstar singer Ivete Sangalo, at the second annual Brazilian Day festival. It took an online petition to bring her to Toronto.

Are you ready for The Talk?

Jessica Napier on navigating dating purgatory {page 28}

Labour Day pains for Argos

Boatmen come up short against provincial rivals {page 58}

Manhunt enters its fifth year

Police allege Brampton man strangled his wife with his bare hands in 2006 ▶ Couple's sons, aged seven and 10, heard argument but didn't see mother being killed

More than four years ago, Henry Stanley Morales boarded an Air Canada jet for Mexico and vanished.

By the time Peel police discovered his wife, Malena, beaten and strangled in their Brampton apartment, Morales was in the wind.

Even though the trail remains cold, homicide investigators and the victim's family haven't given up hope that one day Morales will be captured and brought back to Canada to stand trial.

Now 34, Morales remains one of Canada's most wanted criminals.

He is also wanted by Interpol and was featured last year on the popular website of America's Most Wanted television show.

PEEL REGIONAL POLICE

▶ Henry Stanley Morales

"They got one tip after the story went up on their website. Somebody thought they recognized him as a man selling newspapers in Texas at an intersection," Peel homicide Det. Tom Warfield said.

Whether Morales was the newspaper seller remains to be seen. But he does have a connection to the area: His father lives within a few kilometres of the intersection, in Harris County, just outside of Houston.

"U.S. marshals and the sherriff's department checked out the area and watched his father's house, but they never found him," Warfield said.

"Personally, I think he went south from Mexico, but that one tip in Texas still bothers me."

Malena, 31, was slain during a violent domestic argument on the night of July 11, 2006, in the master bedroom of their 12th-floor apartment on Steeles Avenue West in Brampton.

TORSTAR NEWS SERVICE

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Diana Velez

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Days get longer for kindergarten kids

Full-day program means province will have to hire 24,000 new educators over the next few years

Thousands of four- and five-year-olds across Ontario will be starting all-day kindergarten for the first time today, but critics say the government still hasn't figured out the ABCs of the ambitious program.

While the initiative is aimed at putting kids — and the province — on the path to economic prosperity, the implementation "has left quite a bit to be desired," said Annie Kidder of the parent-led group People for Education.

Keeping kids in the classroom longer is a great step, but not all of them will reap the benefits of early learning outside school hours as the province was originally urged to do, she said.

About 600 schools in Ontario will have full-day kindergarten this fall, a program Premier Dalton McGuinty promises will be available to every child by 2015.

"The main objective — a seamless school day — has not been accomplished. So that is probably going to be very disappointing."
ELIZABETH WITMER, TORY EDUCATION CRITIC

Each kindergarten class will include a teacher, an early childhood educator and up to 26 children, which is above the current primary class cap of 20 to 23 children.

THE CANADIAN PRESS

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Veteran kindergarten teacher Olga Kobylanksy readies her classroom for the upwards of 26 young children that will be attending her full-day kindergarten class at James Bell Junior/Middle School in Etobicoke.

Using phones to get smarter

As kids head back to school, busy families are turning to technology to quell the chaos that demanding school and extracurricular schedules bring. And they're finding plenty of tools to choose from.

There are smartphone apps that help with studying, websites that put the traditional wall calendar on steroids and much more.

Here are some of the top apps and other tech tools to make your modern family more functional this fall:

- **COZI** An account at Cozi, dubbed the free online calendar for busy families, allows members to track the myriad extracurricular activities, doctors appointments and playdates, while also managing things like grocery and to-do lists.
- **IWRITEWORDS** Waiting in line at the Gap to pay for those adjustable-waist jeans? Your preschooler can use this drag-and-draw game to learn how to write letters.
- **NOTE TAKER** This app combines the tactile experience of pen and paper with iPad smarts, saving notes in a form that won't end up composting in a backpack with the peel from last week's banana.
- **SKYPE** Parents are relying on Skype to help kids with homework when they're away for business or any other reason.

TORSTAR NEWS SERVICE

News in brief

Two firefighters hurt in blaze

FIRE. A six-alarm fire Sunday night injured two firefighters and destroyed a four-storey building in Toronto. Fire officials say the blaze broke out on College Street, just west of Spadina Avenue, around 11 p.m.

The occupants of the apartments, directly above a storefront, all managed to escape safely.

THE CANADIAN PRESS

Man allegedly stabs father

CRIME. A 21-year-old Toronto man is facing an attempted murder charge following a stabbing Saturday evening at a home in north Burlington.

The suspect's name wasn't released to protect the identity of the victim, who was listed in fair condition. THE CANADIAN PRESS

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small wonders if it's time to worry about a new market bubble. More at metronews.ca/investing

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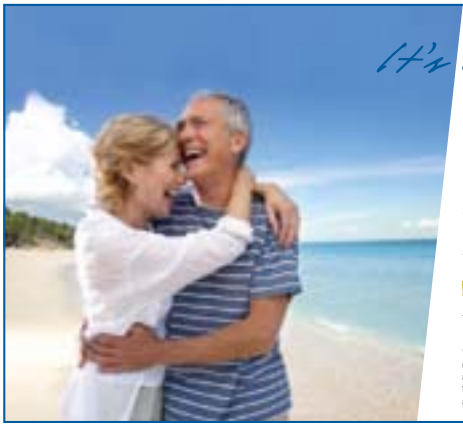

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Police comb rural area after remains found

Blood-stained white Toyota belonging to missing woman found in an alley in Orangeville last week

Police say they could know as early as today whether there is any connection between human remains found in Caledon and a missing Orangeville woman.

Sonia Varaschin, a 42-year-old nurse from Orangeville, has been missing since last weekend.

Police notified Varaschin's family after remains were found Sunday morning in a wooded area off Beech Grove Side Road by a resident walking a dog.

A post-mortem in Toronto has been scheduled for today, and is expected to last all day. The OPP, which is investigating along with Orangeville police, will not say whether the remains are of a man or a woman.

Yesterday, a dozen police officers walked through the woods, scanning the ground for information at a blockade near Beech Grove Side Road and Mountainview Road.

TORSTAR NEWS SERVICE

Investigation

- While police said they have no suspect, they have told the family to brace for the worst.
- Police said the culprit is likely someone Sonia Varaschin knew.
- According to police, the investigation suggests the culprit left Varaschin's house in the woman's Toyota and returned to downtown Orangeville with the car sometime later.
- Days of ground, air and trail searches of the Orangeville area — which is predominantly rural — failed to find traces of Varaschin.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Police investigate yesterday after human remains were found southeast of Orangeville Sunday.

Dishing the dirt on clean soil

The branches of the apple tree in Michael Armstrong's backyard are heavy with fruit, but the west-end man refuses to eat his bountiful harvest.

"My neighbourhood has a long history of contamination," Armstrong says of the South Junction Triangle, once a highly industrialized area.

It is for residents like Armstrong that the city is developing a soil-contaminant protocol.

To be released next year, the protocol will help urban gardeners determine if their soil is contaminant-free. If it's not, the protocol will explain how they can still grow edible produce.

This might involve doing raised-bed gardening or having their soil remediated.

The main targets are those who garden in community and allotment gardens and on vacant land. Backyard gardeners like Armstrong can also benefit.

TORSTAR NEWS SERVICE

"We have a 2 1/2-year-old and a six-year-old, and we don't want them eating anything that is questionable."
MICHAEL ARMSTRONG

Visa issues strand 'advance monks'

Efforts to help the city's Tibetans prepare for the Dalai Lama's arrival were supposed to be invigorated Sunday with the arrival of three "advance monks."

But due to visa problems, the monks didn't arrive. Two are stuck in New York City. The third is in India. All are from the Namgyal Monastery based in Dharamsala, India, where the Dalai Lama and the rest of the exiled Tibetan government have been based since 1959.

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The active incentive

New tax credit would provide about $75 million per year and benefit 1.8 million children, province says

Ontario plans to introduce a tax credit for parents who pay for their children's extracurricular activities, Premier Dalton McGuinty announced yesterday.

While it will complement the federal children's fitness tax credit, unlike the federal program, Ontario's credit will include non-fitness activities such as visual arts and language learning.

The provincial tax credit would also be refundable.

"It can be a real challenge for parents to make ends meet today, and this is one more way that we can help parents pay for those costs associated with raising healthy, active, engaged kids," McGuinty said at a YMCA in downtown Toronto.

The proposed tax credit would allow parents to claim up to $500 of eligible expenses per child on sports, arts and other activities starting Jan. 1, 2010.

Families would receive a refundable tax credit worth up to $50 per child younger than 16, and up to $100 for a child younger than 18 with a disability, McGuinty said.

"For our low-income earners, even in cases when they're not paying any tax at all, we will still come to the table with up to $50 or $100," he said.

Physical activities that are eligible for the federal credit would already be automatically eligible for the Ontario credit.

Activities that are not related to sports would have to be supervised, suitable and not part of a school's curriculum in order to be eligible, and would include programs such as drama, choir or Girl Guides.

THE CANADIAN PRESS

Not a new idea

The Progressive Conservatives brought the idea of the tax credit forward two years ago, said MPP Lisa MacLeod, adding it was rejected by the government.

"They're basically trying to undo the damage that they have done by putting HST on children's sports registration," said MacLeod.

TORSTAR NEWS SERVICE FILE

▶ Premier Dalton McGuinty says the tax credit is a way to help parents pay the costs of rasing healthy, active children.

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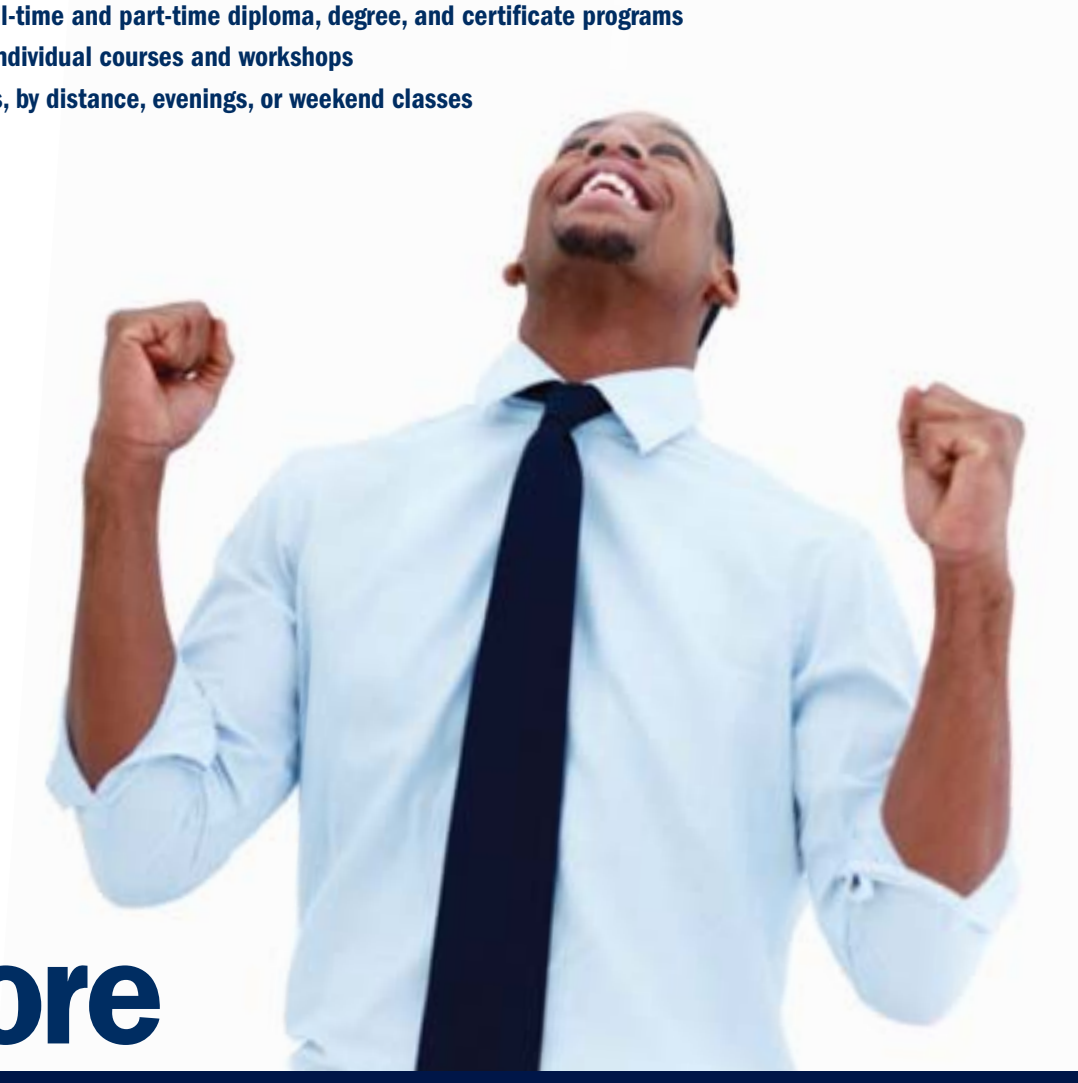

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6 killed over long weekend

Fatalities on roads, waterways

At least six people were killed on the province's roads and waterways this long weekend, according to Ontario Provincial Police.

"I know of three fatalities on the water and three on the roads," said OPP Sgt. Dave Woodford. "We won't have our final numbers until Tuesday."

A 74-year-old Toronto woman was killed Saturday when her Volkswagen slammed into a pickup truck on Highway 35 in Fenelon Falls.

Officers responded to serious or fatal crashes on highways near Napanee and Port Hope, as well, Woodford said.

On Sunday evening, divers from an OPP search-and-recovery unit pulled the lifeless bodies of a pair of 18-year-olds from Skeleton Lake, which is about 20 kilometres southwest of Huntsville, after the canoe carrying the teenagers and another man overturned.

Police say the bodies of Joseph Silva and Brodie Williamson, both of St. Catharines, were found close to where their canoe capsized. Neither teenager was wearing a life-jacket.

Police said they weren't prepared to release details on the third water-related fatality.

TORSTAR NEWS SERVICE

The Ex. All good things must come to an end ...

▶ Vicky Nguyen, 23, and Binh Hua, 25, have a laugh yesterday at the CNE on the last day of the fair.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Party's over — CNE wraps up another summer

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LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Mayoral candidate Sarah Thomson marches in yesterday's Labour Day Parade.

Unions shift focus to public sector

Cutbacks in public sector could push economy backwards, warns CUPE president ▶ Unions recruiting more public-sector workers into the ranks

While the private sector bore the brunt of the economic downturn, union leaders turned their attention to the public sector on Labour Day as deficit-obsessed governments put the squeeze on their workers.

"I think there is the potential for quite a bit of confrontation in the public sector," said Erin Weir, economist for the United Steelworkers union, which counts approximately 11,000 public-sector employees among its Canadian ranks.

Governments at all levels have warned that public-sector workers won't be immune as they shift their focus to deficit cutting from stimulus spending.

CHRIS YOUNG/THE CANADIAN PRESS

"If this decline in union density continues, we risk the gradual unravelling of previous gains."
KEN LEWENZA, CAW PRESIDENT, IN A LABOUR DAY MESSAGE

Premier Dalton McGuinty has asked everyone in the public sector — including nurses, teachers and university staff — to accept a two-year wage freeze as part of a battle to slay a massive deficit that has been projected at more than $100 billion over eight years.

In March, the province announced an immediate freeze on non-unionized workers and managers in the public sector. It will also cap compensation packages for unionized public sector workers for two years after their current contracts expire.

Although other provinces haven't been as direct as Ontario, there's no question belt-tightening is becoming a normal part of public-sector life across the country.

THE CANADIAN PRESS

Environment

- Although most jobs lost during the recession have been regained, it's expected the unemployment rate will remain around eight per cent as growth slows and ongoing weakness south of the border puts pressure on Canadian manufacturers.
- Union membership in the private sector has been shrinking for years as manufacturing and other blue-collar jobs disappear to countries with cheaper labour forces.
- Today, about 30 per cent of Canadian workers are unionized compared to a peak of nearly 40 per cent in the mid-1980s.

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Taking aim at the CNE air show

Protesters gather at Trinity Bellwoods Park to protest what they call 'an outdated tradition'

As jets rumbled overhead, Farzana Doctor let out her own roar.

Roy Mitchell donned a "decibel detector" on his head — a papier mâché ball bedazzled with knick-knacks — to see if the noise from his friend drowned out the planes.

Passersby cocked their eyebrows. The jets continued on unfazed.

Their mock experiment was all part of a protest against the CNE's air show.

About 10 people huddled for a picnic beneath a rain-soaked tarp in Trinity Bellwoods Park yesterday to protest what they call an antiquated event that pollutes the environment, disturbs residents and promotes symbols of militarism.

"So often the argument people use for keeping the air show alive is: 'It's tradition.' We think it's an outdated tradition," said Doctor. "We hate that there are these war planes flying over Toronto neighbourhoods."

DAVID COOPER/TORSTAR NEWS SERVICE

▶ The Canadian International Air Show went ahead on the last day of the CNE along the waterfront. Grey skies and some light rain didn't affect the show as the Canadian Forces Snowbirds finished off the event in spectacular fashion.

The group's members say there is a growing intolerance among Torontonians against the jet spectacle. However, instead of holding a confrontational protest, they thought it would be more productive to hold a picnic that raises attention to the social and environmental problems they attribute to the air show.

"What are you going to do, stand at the CNE and yell at people?" Mitchell said. "I think there's a lot to be said about using farce and making a potato salad."

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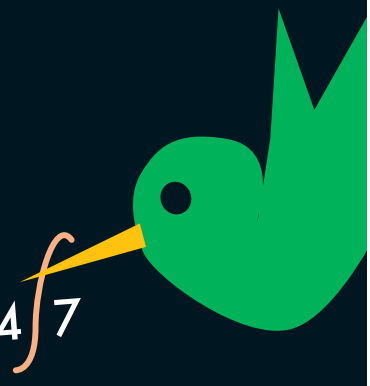

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Stoning could follow Ramadan

Iran's supreme court reviewing adultery conviction

The lawyer for an Iranian woman sentenced to be stoned on an adultery conviction said yesterday that he and her children are worried the delayed execution could be carried out soon with the end of a moratorium on death sentences for the Muslim holy month of Ramadan.

In an unusual turn in the case, the lawyer also confirmed that Sakineh Mohammadi Ashtiani was lashed 99 times last week in a separate punishment meted out because a British newspaper ran a picture of an unveiled woman mistakenly identified as her. Under Iran's clerical rule, women must cover their hair in public. The newspaper later apologized for the error.

With the end of Ramadan this week, the mother of two could be executed "any moment," said her lawyer, Javid Houtan Kian. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Ashtiani

Flood. Recuperation

▶ A Pakistani child displaced by floods sleeps at a temporary shelter.

VINCENT THIAN/THE ASSOCIATED PRESS

UN pleads for flood relief funds

Pakistan's floods, spawned by heavy rains weeks ago in Khyber Pakhtunkhwa and elsewhere in the mountains of the country's northern region, have killed more than 1,600 people and affected nearly 20 million. The United Nations says it needs hundreds of millions of dollars in new donations to get food, water, medicine and shelter to Pakistanis hit by the catastrophe.

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News in brief

Beware storm, Mexico warns

HERMINE. Mexican authorities opened shelters and warned people to watch out for mudslides yesterday as tropical storm Hermine approached the northeastern border with Texas, the second major storm to hit the area this season. Hermine could approach hurricane strength before making landfall early today in a sparsely populated area about 50 miles south of Matamoros, a city bordering Brownsville, Texas, according to the National Hurricane Center in Miami. THE ASSOCIATED PRESS

Researcher awarded

BALZAN. A Japanese researcher who found a way to give adults cells certain characteristics of embryonic stem cells, a process scientists say could eventually lead to cures for spinal cord injuries and other ailments, has been awarded the Balzan Prize for biology.

Shinya Yamanaka's prize is one of four — two for sciences, two in humanities — awarded this year by the foundation, with the goal of highlighting new or emerging areas of research and to sustain fields of study that may have been overlooked elsewhere.

Also winning awards were Brazilian mathematician Jacob Palis, who was cited for his contributions to the theory of dynamical systems, which draws from chaos theory and the butterfly effect, or the idea that small differences can create huge changes. THE ASSOCIATED PRESS

Feds' faces red on pirates: Docs

Canadian warship made headlines by foiling attack on a Norwegian oil tanker in the Gulf of Aden

Ottawa was so embarrassed by the "catch-and-release conundrum" involving Somali pirates last year that it ordered the navy not to take any prisoners unless it had an iron-clad case that would stand up in court, say federal documents.

The policy change happened in the spring of last year and meant sailors would stand aside unless they actually saw the "commission of an act of piracy, or armed robbery generally defined as illegal use of violence" on the high seas. At the time, the frigate HMCS Winnipeg was patrolling the northwest Indian Ocean as part of a NATO anti-piracy operation.

"Only in situations where HMCS Winnipeg apprehends persons during its current anti-piracy operations and where it believes that sufficient evidence exists that could lead to a prosecutable case" would prisoners be taken, said a May 29, 2009, letter asking Defence Minister Peter MacKay to approve the new policy.

THE CANADIAN PRESS FILE

▶ A member of the naval boarding party stands watch as HMCS Winnipeg participates in a port visit to Karachi, Pakistan, last year to increase awareness of NATO activities.

"In cases where HMCS Winnipeg has reasonable grounds to suspect that persons encountered at sea are involved in piracy, but where no evidence exists to prove an act of piracy was committed, the expectation is that no detainees would be taken." THE CANADIAN PRESS

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U.K. minister sentenced

LONDON. A British judge sentenced a Church of England minister to four years in jail yesterday for his part in a sham-marriage scam that saw hundreds of African men marry European women so they could stay in Britain.

The Rev. Alex Brown was convicted in July of conspiring to facilitate the commission of breaches of immigration laws.

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Dozens dead in Guatemalan landslides

- Days of torrential rains cause flooding, mudslides
- Fifteen landslides within a 48-hour period

Searchers yesterday pulled more bodies from a mud-covered highway where back-to-back landslides buried bus passengers and people trying to save them. Yet more mudslides helped raise Guatemala's official death toll to 44 after days of torrential rains.

Authorities said 24 people are confirmed dead and at least 16 are believed to be still buried beneath the debris in the village of Nahuala, where a first mudslide buried a bus and other vehicles, then a second one turned would-be rescuers into victims.

At least 20 others died over the weekend elsewhere as a tropical depression saturated the ground and set off more than a dozen landslides around the country, according to the national disaster agency. The most recent slide, on a highway in northern Guatemala, killed one person and injured 26 Sunday.

In Nahuala, emergency crews and villagers rushed to the Inter-American highway Saturday, picks and shovels in hand, after radio reports of the deadly slide — only to be swamped by the second cascade of rock and earth.

Search and rescue efforts were suspended Sunday for fear the mountainside could give way yet again, but digging resumed yesterday with heavy machinery and fewer workers, said Sergio Cabanas, a civil protection director.

THE ASSOCIATED PRESS

MOISES CASTILLO/THE ASSOCIATED PRESS

People try to recover belongings yesterday during flooding in Guatemala.

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Asia. Clash

▶ Relatives mourn yesterday during the funeral of Showkat Ahmed, 17, in Pattan, approximately 35 kilometres north of Srinagar, India.

ALTAF QADRI/THE ASSOCIATED PRESS

Teen killed as violence in Kashmir continues

Government forces fired on protesters hurling stones at them in Indian Kashmir yesterday, killing a teenage boy and wounding at least five other demonstrators, police said.

Plan to burn Qur'an triggers protest

Church distributed shirts saying 'Islam is of the Devil'

Hundreds of Afghans railed against the United States and called for President Barack Obama's death at a rally in the capital yesterday to denounce an American church's plans to burn the Islamic holy book on Sept. 11.

The crowd in Kabul, numbering as many as 500, chanted "Long live Islam" and "Death to America" as it listened to fiery speeches from members of parliament, provincial council deputies, and Islamic clerics who criticized the U.S. and demanded the withdrawal of foreign troops from the country. Some threw rocks when a U.S. military convoy passed, but speakers shouted at them to stop and told police to arrest anyone who disobeyed.

The Gainesville, Fla.-based Dove World Outreach Center announced plans to burn copies of the Qur'an on church grounds to mark the ninth anniversary of the 9-11 terrorist attacks, but has been denied a permit to set a bonfire. The church has vowed to proceed with the burning.

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Families left out of chopper crash probe

Lawyer for victims' families says safety board has historically shut passengers out of report reviews

The Transportation Safety Board probe into a deadly helicopter crash off Newfoundland is unfair, say lawyers for the victims of Cougar Flight 491.

A confidential draft of the board's report into last year's tragedy began circulating last month. It's part of the federally mandated process to collect feedback before the report is finalized and made public.

But lawyers for the crash victims are asking why they're shut out.

"We know that ... the operator Cougar and the manufacturer Sikorsky are given access and the opportunity to comment on the draft report, whereas the victims are not."
JOE FIORANTE

Neither sole survivor Robert Decker nor the families of the two pilots and 15 passengers who died March 12, 2009, were deemed "interested parties" entitled to assess the draft report, they say.

"I think the concern that the public should have is that the investigative process appears to be closed-door," said Vancouver lawyer Joe Fiorante.
THE CANADIAN PRESS

Bucharest. Rights

▶ Roma rights activists cover their faces yesterday with enlarged fingerprint copies during a protest in front of the French embassy in Bucharest, Romania.

VADIM GHIRDA/THE ASSOCIATED PRESS

Roma protest expulsion from France

Up to 100 Romanian Gypsies, or Roma, gathered to protest against the French authorities' decision to expel the Roma of Romanian and Bulgarian origin from France to their countries of origin. Human rights and other groups accuse French President Nicolas Sarkozy of stigmatizing minority groups such as the Roma.

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Craigslist removes sex ads — sort of

Craigslist's adult services section has been shut down in the U.S., but prostitution on the Internet is alive and well — even, quite possibly, on Craigslist.

Users of the website and its CEO grouse that the Internet and other media are still full of outlets where people can find prostitutes. As for the massive online classifieds site itself, many of the personal ads that remain on the site appear to be thinly veiled solicitations of sex for sale.

State attorneys general had pressed Craigslist to do more to block potentially illegal ads promoting prostitution, and hailed the company's decision to take down its adult services section Saturday.

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Film. On TV

▶ Oscar-nominated animator Bill Plympton.

RICHARD DREW/THE ASSOCIATED PRESS

Channel just for shorts

A new channel, Shorts International, will run short movies on its channels, offering budding filmmakers a new outlet for shorts.

Market moment

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Jobless rate stuck at 8 per cent

Economists don't expect improvement soon as growth stalls

Canadians scouring want-ads or those nervously hoping they will hang on to their jobs are unlikely to get much comfort from job figures in the coming months as the unemployment rate is expected to stubbornly hover around the eight per cent mark, experts predict.

As the engines of economic growth gear down — to a mere two per cent of gross domestic product in the latest quarter — Canadians should get used to seeing the number eight in headlines and feeling its effects on their finances. Economists say the eight per cent unemployment rate will persist and cast a pall on prospects for hiring and income levels into next year.

THE CANADIAN PRESS

Unemployment

- **Figures out Friday** August jobs figures, to be released Friday, could put a small dent in the number of jobless Canadians, but it's difficult for one month to have much effect.
- **Up and down** So far this summer job figures have been mixed, with 93,000 jobs added in June before a loss of 9,300 in July — the first downturn in job growth since December.
- **Higher** The unemployment rate remains about two percentage points higher than it was before the start of the 2008-09 recession.

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How much will you spend to save money?

Retailers pin their hopes on cash-saving gadgets to boost sales But will real cheapskates buy?

How do you get penny pinchers to spend these days? Pitch products that promise to save them money.

Demand is rising for kitchen and bath gadgets that squeeze out that last blob of toothpaste and help get the suds out of tiny slivers of soap.

Marketers of these gizmos tout how the pennies they save by reducing waste can add up. Retailers are stocking up.

Big companies like Wal-Mart Stores Inc. and The Container Store and a longtime TV pitchman are stocking up on items claiming to help people save a dollar, such as:

- Caps that keep the fizz in opened soda cans.
- Digital day counters: Gizmos that count the days and hours food has been in the refrigerator, to help keep track of when that milk might be in danger of going bad.
- New, stylish versions of pants extenders that let people wear their clothes even when they gain or lose weight.

RICHARD DREW/THE ASSOCIATED PRESS

The Fizz-Keeper, left, and Bottle Top both keep drinks from going flat.

An open question is whether the truly frugal are too cheap to buy the gadgets that can cost up to $20. Who needs a soap saver when an old washcloth or a pair of pantyhose will do?

"Surely, people who lived through the Great Depression found ways to use up all their soap without needing a soap saver," said Lynnae McCoy, who runs the blog beingfrugal.net.

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IT'S TIME FOR THE RELATIONSHIP TALK

She says ...

JESSICA NAPIER

There are two seriously awkward conversations everyone will have by the time they've reached their 20-something years.

The first probably happened around a decade ago when mom and dad sat you down and tried to talk to you about your sex life. As embarrassing as it might have been to listen to your parents wax poetic about condoms, it doesn't really compare to that other uncomfortable exchange you will be forced to have about two months into the beginning of every new relationship. I'm referring, of course, to *The Talk*, when a new couple determines if a given period of dating has successfully resulted in a full-blown relationship.

Before you arrive at this terribly uncomfortable conversation you first get to enjoy a blissfully carefree period of romance. Dates one through 10 are optimistic, lighthearted and generally stress free. However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too.

"However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too."

It is generally considered unacceptable to simply blurt out, "So, are you my boyfriend now?" Instead, you are expected to endure a lengthy period of confusion, caught in between being single and being a couple. I like to refer to this agonizing state of unknowing as *dating purgatory*. No one wants to be the first to bring up the c-word (commitment), so this desperately coy game of relationship chicken can go on for a number of weeks, and even months, before someone finally utters those inevitable words, "Where do you see this going?"

Is there a better way to approach this difficult yet necessary dating milestone? While they say timing is everything, my most recent attempt at *The Talk* relied heavily on humour and plenty of wine. After some inaudible mutterings on my part about "being on the same page," he responded with nervous laughter and somehow we eventually reached the conclusion that we were now a couple.

Obviously, there is no cool, mature way to resolve the question of exclusivity. Asking someone if they want to be your boyfriend or girlfriend is possibly the most childish moment in any adult relationship. Perhaps we could all just make things a little easier by agreeing on some sort of standard dating formula. Here's what I'm proposing gentlemen: 10 dates + 4 sleepovers + 1 drunken night out with friends + a toothbrush at her place = boyfriend.

Cartoon

MICHAEL DE ADDER

Dangers of 'digital tattoo'

Worth mentioning

Web etiquette

THE CANADIAN PRESS FILE

Call it Facebook 101.

Universities across the country are offering workshops, seminars and tipsheets on social media etiquette to new students, warning them of the potential consequences of posting every drunken moment online.

"They should think about what they do online as something they have to be comfortable talking about with their grandkids 50 years from now," said Jason Nolan, an assistant professor at Ryerson University.

Ryerson isn't the only school to embark on teaching web etiquette.

The career centre at York University offers a workshop to students wanting to learn how to use social media to find jobs, which includes a component on how to present oneself professionally online.

Carleton University in Ottawa offers a similar program through its career centre, and — at the request of faculty members — offers presentations to classes.

At Dalhousie University in Halifax, students who log in to their internal email see an article posted to the web portal about online media titled, "Facebook: Don't Be So Trusting."

The University of British Columbia has dubbed the danger the "digital tattoo."

THE CANADIAN PRESS

What is the first thing you notice in the opposite sex?

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Metro Minute at the Grindhouse

A few weeks ago, Grindhouse chef Tim Pettigrew watched a grown woman cry tears of joy over one of his hamburgers.

Yes, the turkey truffle burger is exquisitely delicate and savoury with its fresh ground, all local ingredients, but that wasn't why.

The reason? For the first time in decades, she was able to enjoy a gourmet burger with a fluffy, homemade gluten free bun.

The Grindhouse didn't set out to become a champion for celiacs, but thanks to a loved one's wheat allergy, it has spent the past two years perfecting a menu that's 90 per cent gluten free and 100 per cent fantastic.

JORDANA DIVON

CONTRIBUTED

▶ Your Grindhouse burger will go down nice and smooth with some homemade fries and Pettigrew's secret recipe ketchup. The Grindhouse is located at 365 King St. W.

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In brief

All the speculation about Jesse James and Kat Von D appears to have been on the nose, as the L.A. Ink star says she's in love with Sandra Bullock's ex-husband, People magazine reports. "Jesse is only my ninth boyfriend. I don't hang out with anybody unless I am in love."
METRO

Hitman Clooney's The American wins weekend battle with $16.4M

Hip-hop star using Twitter to atone for his infamous on-stage brush with Taylor Swift at the MTV Video Music Awards ▶ Grammy-winning says he received death threats and suffered setbacks to his career following the incident

▶ Kayne West grabs the microphone from Taylor Swift at last year's MTV Video Music Awards.

Kanye ready to bounce back

Hip-hop star Kanye West is still feeling the pain over his ambush of Taylor Swift last year — and he's expressing his pain all over Twitter.

West unleashed a torrent of emotions on his official Twitter account Saturday, acknowledging once again that he was wrong for jumping on stage, grabbing the microphone from Swift at the MTV Video Music Awards and saying her trophy should have gone to Beyonce.

But the rapper-producer said that he has experienced enormous pain, been the subject of death wishes and suffered tremendous setback to his career.

"How deep is the scar ... I bled hard ... cancelled tour with the number one pop star in the world ... closed the doors of my clothing office," he tweeted.

The multiplatinum, Grammy-winning superstar had been one of the decade's most successful and critically acclaimed stars, despite sometimes boorish behaviour and meltdowns at other awards shows when things did not go his way. However, when he upstaged Swift — the then-teenage darling of pop and country music worlds —the public had had enough.

At the time, he went on Jay Leno's prime-time show to apologize and said he still had not recovered from his mother's death two years prior. He cancelled a joint tour with Lady Gaga that fall, apparently due to low ticket sales.

After the incident, he said, "People tweeted that they wish I was dead ... No listen. They wanted me to die people. I carry that. I smile and take pictures through that."

West said he's now "ready to get out of my own way. The ego is overdone."
THE ASSOCIATED PRESS

Worldwide success not so tweet for K'Naan

It looks like a breakout year has taken its toll on K'naan.

The Somali-born, Toronto-raised hip-hop star took to Twitter on Saturday to come clean over what he felt was a half-hearted performance in Ireland.

"In all my years of touring, today marks the 1st time I've played an entire concert w/out feeling a thing. Just going through the motions," he tweeted early Saturday afternoon.

"I don't wanna be like this. Like 1 of those artists."

K'naan had been in Stradbally, Ireland, to play the Electric Picnic Festival. He was to perform in London yesterday before kicking off a monthlong Canadian tour in Montreal.

He's spent most of the year on the road. His Wavin' Flag was chosen as Coca-Cola's World Cup anthem, so K'naan found himself whisked from continent to continent along with the Cup, performing the triumphant tune — a Top 2 hit in Canada, Austria, Germany, Ireland and Switzerland.
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▶ K'Naan

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KEVIN WINTER/GETTY IMAGES

▶ Actor John Travolta and actress Kelly Preston's son Jett died in January 2009 in the Bahamas.

Travolta drops extortion case

Pair were accused of threatening to release private information after the death of actor's 16-year-old son in the Bahamas if they did not receive $25M ▶ Mistrial was declared in earlier trial in October

A judge in the Bahamas dismissed charges yesterday against two people accused of trying to extort money from John Travolta after the prosecutor said the actor no longer wanted to pursue a case stemming from the death of his teenage son.

Prosecutor Neil Braithwaite had submitted a motion to drop the case after a jury had already been picked and a retrial scheduled for the two defendants.

"The Travolta family has said that this matter has caused them unbelievable stress and pain and they wish to put this whole thing behind them," Braithwaite said.

Ambulance driver Tarino Lightbourne and his attorney, politician Pleasant Bridgewater, were accused of threatening to release private information about the January 2009 death of Travolta's 16-year-old son Jett at the family vacation home in Grand Bahama.

Lightbourne, who was among the medics who treated Jett, allegedly sought $25 million from the actor with the assistance of Bridgewater, who resigned her seat in the Bahamas Senate after she was charged in the case.

A judge declared a mistrial in October after a Bahamian lawmaker suggested the still-deliberating jury had acquitted one of the suspects.

Travolta had testified during that trial and one of his attorneys said in October that he had been prepared to testify again if necessary. But the actor said yesterday that the delay in prosecuting the case had prompted his decision not to take the stand again

"The long-pending status of this matter continued to take a heavy emotional toll on my family, causing us to conclude that it was finally time to put this matter behind us," he said in a statement to The Associated Press. Therefore, after much reflection I concluded that it was in my family's best interest for me not to voluntarily return to The Bahamas to testify a second time at trial."

THE ASSOCIATED PRESS

Witness against Stern recants

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Howard K. Stern

A witness in the Anna Nicole Smith drug conspiracy trial recanted statements Friday that he saw defendant Howard K. Stern give the celebrity model excessive drugs.

Ford Shelley also testified that he never saw Smith abuse drugs, and that he believed her boyfriend-lawyer Stern shouldn't be on trial.

Shelley, whose family provided Smith a house and spent time with her in the year before she died, was a combative prosecution witness.

"Mr. Shelley, you don't want to be here testifying, do you?" Deputy District Attorney Renee Rose asked.

"No, because I don't think the man ought to be sitting here," Shelley said, looking at Stern across the courtroom.

Shelley had previously suggested to investigators that Stern overmedicated Smith.

However, he said Friday he had been mad many of the times he had been interviewed since the death of Smith.

Stern, Eroshevich and Dr. Sandeep Kapoor have pleaded not guilty to providing Smith with excessive drugs and other charges.

Smith died of a drug overdose in 2007. The defendants are not charged in her death.

Shelley described Eroshevich as a good woman who was trying to help Smith. Shelley wept on the witness stand after he was asked to describe Smith's condition after the 2006 death of her son Daniel.

"Not good," Shelley said hoarsely. "Bad shape. She'd lost her son. I saw Anna grieving."

Shelley said he saw Stern give Smith medication once and that she "went to la-la land" after that. He also said he saw her take medicine on her own.

Even in grief, Smith "was the boss ... She was adamant about what she wanted," he said.

Attorney Brad Brunon, who represents Eroshevich, asked Shelley to describe the psychiatrist's relationship with Smith.

"A very loving, caring friend," he testified.

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Arquette fits in well in Land of the Astronauts

David Arquette took a break from filming the latest instalment of the Scream horror franchise to make a rocket-fast trip to Montreal to plug his new film The Land of the Astronauts.

In Astronauts, which screened in competition Thursday at the Montreal World Film Festival, Arquette plays Jack MacKenzie, a once-successful composer whose career has hit the skids, requiring him to work as a limo driver to make ends meet.

If that weren't tough enough, he's also battling alcoholism and grappling with the death of his oldest daughter. He befriends an A-list actor who could put his career back on track — but not before the story takes a few surreal twists.

"I just loved the script and the character and the sort of package that came together," Arquette said Friday.

A member of the Arquette acting family that includes sisters Patricia (of TV's Medium) and Rosanna, David Arquette has been a director, producer, screenwriter and wrestler as well as an actor.

He's done a slew of TV and film roles, gaining attention for playing Deputy Dewey Riley in the Scream movies starting in 1997.

He's reprising his role of Riley, starring alongside other Scream alumni including his wife Courtney Cox, of Friends and Cougar Town fame, and Neve Campbell.

"I just hopped here this morning and I hop back there tomorrow," said Arquette, who made his first visit to the Montreal film festival.

He said it's been "really great" being back on the Scream set.

"It's been a lot of fun, working with (director) Wes Craven again — always a dream — and working with my wife and Neve Campbell. There's a lot of crew members on the film as well that have been along for this 16-year-ride so it's quite the experience."

Arquette pointed out it's rare in Hollywood to have the chance to be connected to a project such as the popular horror franchise for so long.

JOHN SHEARER/GETTY IMAGES FOR GQ MAGAZINE

"I love independent films. There's a creative energy behind them that's a little scrappier. It's a lot of fun to dive into those characters and that kind of emotion."
DAVID ARQUETTE

"Through the course of it, I've gotten married and had a child," he said. "It's really had a significant impact on my life."

But is he surprised Scream has lasted so long?

"Yeah, I am," he said with a chuckle. "But I'm glad. It's really been fun. This one, I think, is probably closest to the first."

The Land of Astronauts, which is based on the experiences of a friend of director Carl Colpaert, is a switch from Arquette's other roles, which have included a fair share of goofy characters.

He said the complex role "really interested me as a kind of step back to the beginning of my career when I did a lot more independent film."

Arquette also said he liked the fact that the character was a composer and "that music was a big element in his head and in the film."

It was an aspect Colpaert said Arquette fought to preserve when the filmmakers considered changing the character to a writer.

"Thank God David kept fighting for the composer because at the end of the day it's an audio-visual medium we're in," said Colpaert. "I think the music really pushed it

THE CANADIAN PRESS

▶ Michelle Rodriguez stars in Machete.

Machete's Alba and Rodriguez on being beautiful an playing tough women
"I like her scene with the stiletto heel, sticking it in the guys eyeball"

Tough, sexy gals from Hollywood

Jessica Alba and Michelle Rodriguez have a great deal in common — they are both beautiful women, they are both box office gold and they both demand strong female roles.

Never more so than in new Robert Rodriguez movie Machete.

Rodriguez points to one scene in particular which she says embodies that combination of toughness and sexiness saying: "I like her scene with the stiletto heel, sticking it in the guys eyeball.

"Dude I've been waiting for that moment. I've always wanted a 007-moment like that, where the chick takes off the metal heel and, I don't know, presses a button and it shoots out in between somebody's eyeballs or something, but that's very close."

Toughness, sexiness and not a little sociopathy perhaps. It's a choice to play those kind of roles, Alba points out, adding: "We try not to feed into the typical stereotype of the victim ditsy chick.

"Like, oh my god, you're so hot," — the latter line delivered a comic Californian accent.

The only downside to demanding these kind of roles is that it can get expensive.

"It means not working", she says "and it also means not getting paid the same. It's a choice." But the choice to work with Robert Rodriguez on Machete and not getting paid a lot was an easy one, because he "gets it" both women confirmed.

Rodriguez adds: "He gets strong women. He understands how to take your attributes and exploit them appropriately. If a girl shows a little sign of intelligence, exploit that."

Rodriguez, with her heart on her sleeve as usual, adds: "I'm tired of the idea that I have to be a representative of some sort to the fashion world"

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Easy A's Stone set for staring role

SASHA PERL-RAVER
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METRO WORLD NEWS IN LOS ANGELES

Since the mid-1990s, setting classic literature in contemporary high school has produced some hits (Clueless, Ten Things I Hate About You) and some misses (Cruel Intentions, She's the Man). Easy A, a re-mastering of Nathaniel Hawthorne's 19th century tale of adultery and pious prudence, the Scarlet Letter, fits quite nicely with the first group.

Newly minted It Girl (and Lindsay Lohan thunder-stealer) Emma Stone stars as Olive Penderghast, a high schooler who takes a page from her assigned reading material and uses Hawthorne's lessons to grease the school's rumor mill, upping her social and financial standing. Stone says she was attracted by the way the script addressed topics anyone who's been to high school could relate to without pandering.

"The subject of gossip, judging a book by its cover without knowing the full story, extremism, technology and they way information travels, the speed of everything," she explains. "Like when Olive says something and it goes all the way around and gets back to her and it's been 30 seconds. What's messed up is that's actually the way things happen."

The 21-year-old starlet admits taking on her first leading role was more than a little daunting.

"I was a little [anxious] the whole time," Stone says, chuckling. "I didn't know I was such a micro-manager, but I am. I had to be up first and be there last every day. In my spare time, I'd try to sleep, which I wasn't doing too much of. I think it was less about the size of the role and more about wanting to do the character justice. But that pressure didn't come from anyone else, it was all self-inflicted."

▶ Emma Stone stars in Easy A.

The result of all that self-imposed pressure is a performance that has Hollywood searching for labels to define the young star. As far as any similarities to Lindsay Lohan (the red hair, the throaty rasp, the high school movie rocketing her into the stratosphere), Stone refuses to comment, instead offering a wry, knowing grin. She is, however, quick to bat away her newfound title as the Next Big Thing.

"That's nice," Stone shrugs, "but it's such a fleeting label to put on someone. A week later they say 'And this girl is the new It Girl.'

"I just hope I get to keep working steadily because it's been nice to call this my only job. My ultimate goal is to not have to go work somewhere else. I'm so lucky and happy to be here, today. It's amazing now and I'm just trying to appreciate it."

Stone bonds with director

The mere mention of Easy A director Will Gluck's name incites Emma Stone to smack the table and proclaim, "Will, I love him! Don't tell him I ever said that."

According to both the actress and the director, they share a sibling-like bond that allows for unmitigated ribbing and blunt honesty. "He calls me out on everything!" Stone groans, rolling her eyes in mock annoyance. "He doesn't let anything slide. If I'm like, 'Ahhh, that sucked,' he's like, 'That did suck. Go again.' That's what I like! People who are honest with you push you to be better." ● SASHA PERL-RIVER

▶ Jessica Alba in Machete.

No freebies, please

As a well known actress you get sent a lot of free clothes and jewelry, but companies that do so won't see much live advertisement in Jessica Alba and Michelle Rodriguez.

"I stopped taking free sh*t, because I realized it was such a waste", says Rodriguez, "none of it is my taste, people don't know anything about me, they don't know what I like. It's so horrible. Sometimes I'm like 'wow, people actually wear this stuff?"

Alba adds: "But I have 13 cousins that really like it,"

"But after a while of giving it away to friends and family, even they didn't start liking the stuff that I was getting for free so I just altogether told them 'No! Stop sending me stuff!" ● METRO

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Don't miss Micmacs

Micmacs
Genre: Comedy
Director: Jean-Pierre Jeunet
Stars: Dany Boon, Yolande Moreau, Dominique Pinon

Call Micmacs a secret blockbuster.

This French bonbon is every bit as antic and explosive as those other summer rattlers, but you may have to stray out of your neighbourhood, your linguistic preference and your preconceived notions to find it.

Imagine a Mission: Impossible satire in which the likes of Charlie Chaplin, Buster Keaton and Harold Lloyd are acting as spies.

In this case, it's Parisian street performers, who seek payback on two French arms dealers. These urban warriors are loyally supporting their new pal Bazil (Dany Boon), whose life has been inextricably and tragically linked to the arms merchants.

Micmacs is directed by Jean-Pierre Jeunet, the mirthful mind behind

Amélie. He co-wrote it with Guillaume Laurant, his Amélie co-scribe.

The movie is an amalgam of Jeunet's two personalities: the starry-eyed celebrator of amour and Paris, as seen in Amélie, and the down-and-dirty trawler of the weird and grotesque, as witnessed in Delicatessen, an earlier film Jeunet made with Marc Caro.

This is definitely the only thriller you will ever see where the plot includes Marilyn Monroe's molar and Benito Mussolini's eyeball.

The title, incidentally, is shortened from the French original Micmacs à tire-larigot, an idiom I understand to mean "plenty of trouble." But here's a more direct and urgent statement: You must see Micmacs.

Extras include an interview with Jeunet.

PETER HOWELL

Year of the Carnivore
Genre: Comedy
Director: Sook-Yin Lee
Stars: Cristin Milioti, Mark Rendall, Kevin McDonald

Sex is a laughing matter for Sammy Smalls (Cristin Milioti), who can't stop giggling when she's wriggling. Blame it on her body-image issues, but it's a deal-breaker for Sammy's busker boyfriend Eugene (Mark Rendall).

Solution? She needs experience, pronto, and sets out to get it the way a bull goes china shopping. Any man with a pulse is in danger of meeting Sammy's newly unleashed libido, whether he likes it or not.

That's the hook for Sook-Yin Lee's decidedly quirky yet endearing comedy that wears its Juno crush like a hickey, and I mean that in a good way.

Milioti is a real find, bringing humour and empathy to a character that might normally summon thoughts of a restraining

order.

Sammy is a 21-year-old shop detective at a grocery store. She's good at spotting shoplifters — including one oldster who hides a steak under his hat — but she leaves the punishment to her boss, who metes out summary justice out back.

She doesn't like her work, but it beats having to move back home with her nutso mom and dad (Sheila McCarthy and Kevin McDonald).

Of much greater concern of Sammy is her inability to have sex without having a giggle fit, a problem that has prompted exasperated Eugene, a true free thinker, who insists she play the field. Sammy does so in a way that combines work with pleasure, after a fashion.

As creepy and crazy as this scenario sounds, Milioti never loses touche with the audience. Neither does writer/director Lee, who must have drawn on some alternative life experience for the film, her feature directing debut. She's able to get in touch with the needs of a nerdy naïf.

Extras include a making-of featurette and short films by Sook-Yin Lee.

PETER HOWELL

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SEAN KILPATRICK/THE CANADIAN PRESS

▶ Mariah Carey, seen here one the red carpet for the gala screening of Precious during last year's Toronto International Film Festival at Roy Thomson Hall.

Celebrities set to descend on Toronto

Discreet dinner reservations are rolling in, personal shoppers are prepping, and hotels and spas are setting the mood.

Oh, and can someone put a private plane on standby in case a certain VIP wants his favourite meat flown in again?

Yes, it's that time of year again, when celebrity hotspots prepare for the onslaught of stars and their special requests during the Toronto International Film Festival, which kicks off Thursday.

"There's everything from baking their special cookie, to importing the caviar that they specifically want delivered to the hotel, to fresh bread that they specifically like. Anything's possible," says Rhonda Chan-Maloney, chef concierge at the five-star Hazelton Hotel and spa in the upscale Yorkville neighbourhood.

"We've shut down stores to do private shopping if they needed an outfit to their gala opening. We've also brought the store to them."

Some festival stars have also made some rather unusual requests at the downtown, five-star Hotel Le Germain Toronto. The venue is an official TIFF partner and hosts film gala dinners and parties into the wee hours of the morning during the movie marathon.

"One celebrity from a warm climate area has us keep the room heated to 35 Celsius in September. It took three additional heaters but was accomplished," says general manager Paul de La Durantaye.

At star-favourite restaurant Bistro 990, they usually hire 10 extra service staff members during the festival.

"Can I describe it is chaotic?" general manager Victor Magalhaes says with a laugh. "Chaotic in the good sense, in the sense that everything runs smooth but definitely the numbers of guests we receive per day is substantial."

A-listers who've dined at Bistro 990 include the Coen brothers, Morgan Freeman, Robert De Niro, Sylvester Stallone and Nicole Kidman.

Designer department store Holt Renfrew, which also has a spa, says they have staff on standby 24 hours a day during the festival in case any last-minute wardrobe, styling or pampering requests come in.

THE CANADIAN PRESS

Tiff Coverage

▶ **Be sure to pick up** Metro on Thursday as we begin our coverage of the Toronto International Film Festival.

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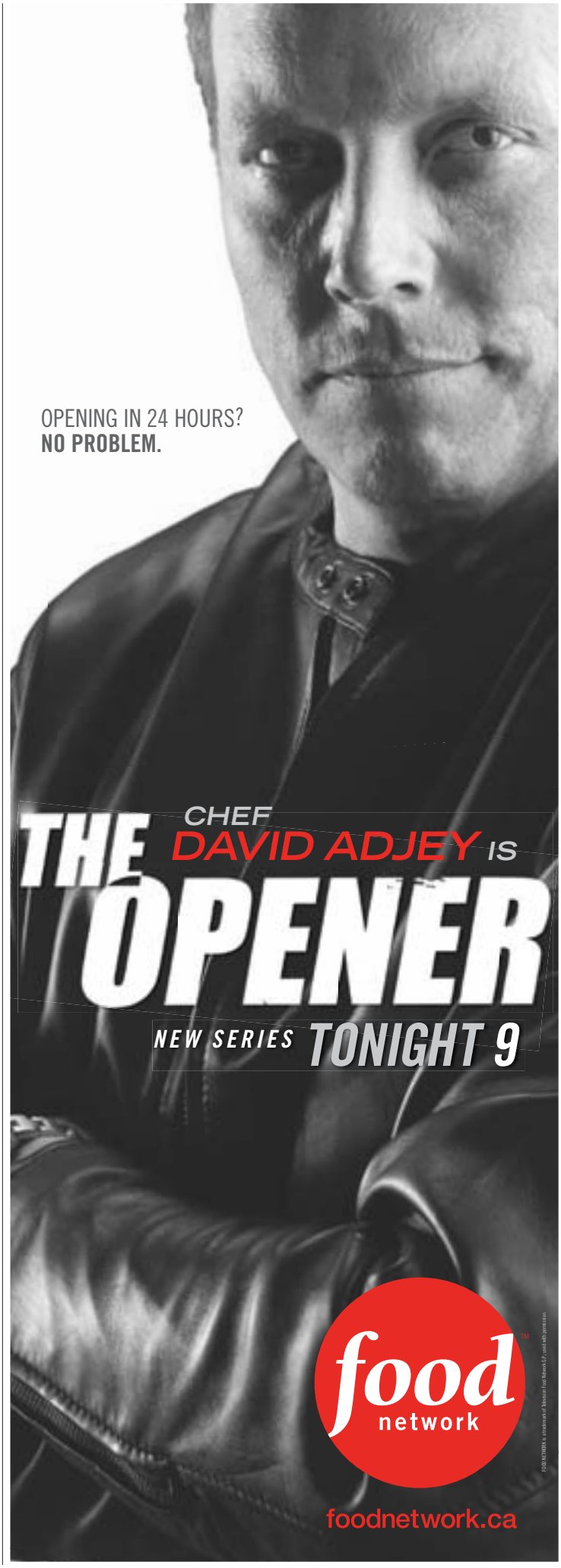

Hoarders exposes 'sad, sometimes horrifying world'

Trash show popular with young viewers **If you find something funny, it's hard not to feel guilty about it**

COURTESY OF SCREAMING FLEA PRODUCTIONS

Gordon and his wife open up their lives for the camera.

From the mixture of hurt, anger and embarrassment on his face, Gordon seems like one of the last people who would want to open his life to cameras for a reality television show.

His is one of four stories featured in back-to-back episodes of A&E's feel-creepy Hoarders, which opened its third season last night. It's the network's most popular series among young viewers, something of a surprise given that it's about emotionally ill people living amid mounds of garbage.

Gordon (A&E doesn't fully identify people who get treatment through their show) lives in a filthy home with his wife and two adult children. There's no running water. The piles of trash are so deep that his wife got trapped in one and needed help to be extricated.

Clearly, it couldn't have been the direction he had envisioned his life taking. His frustration and embarrassment with his life help explain why he lashed out at a mental health professional who prodded his wife to throw things in the trash and at camera operators recording the scene.

"I'd rather die here than let anyone in the front door," he said.

Yet his tragic life was exposed for all to see. As with many profiled on Hoarders, being featured on television is a necessary bargain: The production company pays for counselling and aftercare that they would not have been able to afford otherwise.

"He did it because it was the only option left," said Jodi Flynn, executive producer of the series for the Seattle-based Screaming Flea Productions. "They were going to condemn the house if he didn't do something."

In the truest mark of success for a nonfiction cable show, produced imitators such as TLC's Hoarding: Buried Alive and Confessions: Animal Hoarding, on Animal Planet.

Screaming Flea was first hired by A&E to do a makeover series focusing on a company that cleans up after hoarders. Although Dirty Deeds didn't work, the network was interested in delving deeper into the hoarding disorder and the current documentary-style series was born.

Disturbing as they are, there are only so many pictures of trash piles you can take. Producers look for compelling family stories and track how efforts to treat the hoarders succeed.

In one of the new season's stories, a woman who has been estranged from her hoarding mother for 20 years returns to help her, acting on a promise made to her father before he died. Adella is a challenge; sent to see one psychiatrist, she rooted through his receptionist's garbage can for things to bring home. The daughter can't hold back tears when she talks about her mother. "She chose the trash over my dad," Beverly, the daughter, said. "She chose the trash over me and my sister. She chose the trash over our children. She built a wall of trash to keep us all out."

Rob Sharenow, senior vice-president of alternative programming at A&E, said it's not light entertainment, but it's "vital entertainment."

THE ASSOCIATED PRESS

It's family who dig up tales

Besides a variety in families, there is a variety in things that are hoarded.

One of the new shows features a colorful character who collects a variety of dolls and artwork that he finds is much less valuable than he thought. Executive producer Jodi Flynn's favourite show remains one from the first season with a woman who hoarded food.

And for some people living in homes with no plumbing, well, you don't want to know what they hoard.

For the first season, producers relied on a network of hoarding experts to find stories for them. Now they get plenty of suggestions from people living through the problem — mostly family, Flynn the executive producer said. Hoarders rarely volunteer themselves.

Trashy living

Hoarders offers viewers an intimate look into a world they probably wouldn't know.

Some of the participants are motivated by a desire to help others beyond themselves, said Rob Sharenow, senior vice-president of alternative programming at A&E. Hoarding is a more widespread disorder than many people realize and the series "brings it out of the closet," he said. "The show really touches on the core of human drama."

2.3M

Hoarders was a hit from the start at A&E, and last winter's second season had 10 per cent more viewers, with an average of 2.3 million an episode.

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TV Picks

Spy drama earns loyalty

ACTION SERIES. Spy drama Burn Notice debuts on Showcase after a stint on Super Channel.

The show, beloved by critics for its snazzy dialogue and unusual characters, centres on private detective Michael Westen, a former spy who was blacklisted by the CIA and abandoned by his intelligence contacts. (Showcase)

Viewers: Brace for dark topic

DOCUMENTARY. In The Name Of The Family won the best Canadian feature award at Toronto's Hot Docs film festival earlier this year. The film examines so-called "honour killings," starting with the case of a Toronto teen allegedly killed by her Muslim father for trying to blend in at school. (CTV)

THE CANADIAN PRESS

DioGuardi swept up in judge turnover at Idol

Kara DioGuardi is following Ellen DeGeneres and Simon Cowell out the door at American Idol.

Her departure leaves Randy Jackson, who's been with the singing contest from the start, the last judge standing, for now. Steven Tyler and Jennifer Lopez are the reported front-runners for the panel.

Entertainment mogul Simon Fuller, creator of the British show Pop Idol that was the template for the U.S. series he produces, called DioGuardi a standout songwriter whom he planned to work with in music "for many years to come."

DioGuardi, whose exit had been rumoured, is a hit machine whose songs have been recorded by Gwen Stefani, Faith Hill, Marc Anthony and others, including past Idol winners.

In a statement Friday, DioGuardi called her experience as a judge on the show "amazing."

Her statement, issued by Fox, didn't elaborate on her reasons for leaving.

DioGuardi's departure comes as the top-rated show continues auditions for its 10th season, which starts airing in January.

THE ASSOCIATED PRESS

CHRIS PIZZELLO. THE ASSOCIATED PRESS

Kara DioGuardi

Shacking up with twenty-somethings

LAURIAN ENE.FOR METRO CANADA

▶ Shooting begins this fall for Lake Shore.

Eight Torontonians flaunt 'strong' personalities under one roof in new reality show Lake Shore

IAN GORMELY
FOR METRO CANADA

Toronto should soon have a reality show to call its own. Dubbed Lake Shore, the proposed program would stick a group of Torontonians, each from a different culture, under one roof on Lake Shore Boulevard and watch them struggle and thrive as their respective cultures clashed.

The program is the brainchild of 25-year-old television executive Maryam Rahimi who was inspired by MTV's hit Jersey Shore. "It's really the latest trend to come out of reality television," she says. "Everyone wants to know what everyone's doing. They want to poke their noses in other people's business."

"People love junky television and that's exactly what's this is."

Producers took a different route to help the show stand out from the crowded reality TV pack.

"We were interested in showcasing the diversity of the young people here — the different cultures and sexual orientation, and how inclusive the kids could get, how open they could be," she said.

Auditions took place over two days in July at a downtown Toronto bar. Prospective cast members were encouraged to imbibe and show off their unique personalities. Standouts met the judges to determine if they were "wishy-washy" or strong characters. "We wanted to see how far these people would go to get noticed," admits Rahimi.

One contestant went so far as to run around the bar naked, screaming at the top of his lungs in an attempt to catch the judges' eyes.

The eight favourites start shooting this fall.

CHRISTOPHER POLK. GETTY IMAGES

▶ Oprah: Her final season.

Oprah's book pick may be last

The first week of the final season of The Oprah Winfrey Show will include a selection for Oprah's Book Club.

A Harpo spokesperson said Thursday Winfrey will announce her 64th and latest pick during a live episode airing on Sept. 17. That would be 14 years to the day that Winfrey announced her first book club selection — Jacquelyn Mitchard's The Deep End of the Ocean - on Sept. 17, 1996. The Oprah Winfrey Show, which is set to premiere its 25th and final season on Sept. 13.

THE ASSOCIATED PRESS

Guitarist tweets Mom for CMA Awards date

Lady Antebellum guitarist Dave Haywood still needs a plus-one for the CMA Awards.

He tells The Associated Press that he asked his mom to go with him over Twitter, because "she loves Twitter for some reason." But it turns out she can't go.

The group is up for five awards at the Nov. 10 show, including entertainer of the year and album of the year.

Haywood tweeted from the group's account Wednesday: "SO humbled by the nominations!!! Very excited. Would be more excited if my mom (at)SCLadyA would be my date for the show. Mom?"

Haywood says he's "bummed" his mom can't attend, but now he's "in the hunt."

He thinks his dad will likely come up.

Singer Charles Kelley says, "You know we're in a new age, a new era when you're asking your mom over Twitter to go to an awards show. That is awesome."

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RAPPER

Ne-Yo has tough love for T.I.

Ne-Yo says T.I. has had many chances — and it's time he gets his act together.

After T.I. was arrested in a drug case, Ne-Yo called him one of the smartest people in the music industry. "I just feel that he makes a lot of poor decisions when it comes to the people that he surrounds himself with," Ne-Yo said in an interview Thursday night. T.I. was taken into custody Wednesday with his wife Tameka "Tiny" Cottle on suspicion of possessing methamphetamines after police pulled over their car. They were released on bail. The arrest occurred while T.I. is on three years probation in a weapons case.

T.I. was poised to have a major comeback.

He stars in the nation's No. 1 movie, the heist thriller Takers, recently married his longtime girlfriend and was wrapping up a new album. But now there are questions about whether he's returning to the music charts — or prison.

THE ASSOCIATED PRESS

School chimes ring out Gaga

An Iowa State University music professor says the Lady Gaga club anthem Bad Romance translates better than you might think into the 33-metre-tall, organ-like instrument known as a carillon.

Video of the pop hit chiming across Iowa State's campus has racked up hundreds of thousands of views on YouTube. The Des Moines Register reported Friday that professor Tin-Shi Tam played it a week earlier after students started requesting it over the summer.

9 Rolling Stone magazine ranked Lady Gaga's Bad Romance at number nine of the 25 Best Songs of 2009.

Tam gives daily lunchtime performances on the carillon during the school year, mostly folk songs and traditional arrangements. She sets aside Fridays for requests, and said recent favourites include Queen's Bohemian Rhapsody and Led Zeppelin's Stairway to Heaven.

ASSOCIATED PRESS

Pop pixie coy about trilogy experiment

DAVE HOGAN, GETTY IMAGES

▶ Swedish singer Robyn prefers short tours.

Songs aren't finished yet for third Body Talk album, singer says

EMMA BJÖRKMAN
for Metro Sweden

Klas Åhlund, Kleerup, Diplo, Savage Skulls and Snoop Dogg — are among the people who have collaborated with Robyn on the new record Body Talk pt.2.

"I think Body Talk pt.2 is a continuation of the first record," she says.

Three albums in a year, that was Robyn's plan when she released Body Talk pt.1 in June. Now the plans may have changed — she has just started writing songs for Body Talk pt.3.

She says: "This is an experiment and a new way of working, not an attempt to set a new world record in releasing the most records in year."

The earlier record in the trilogy also involves Kleerup, Klas Åhlund and Patrik Berger, who co-wrote the hit Dancing on my own.

"The fun thing about working this way is that I'm much more present in the process and it becomes a lot more inclusive.

"I'm in the studio and meet people and those meetings may result in collaborations, but that's not something I know for sure because there aren't any finished songs for the third album yet."

"The fun thing about working this way is I'm much more present in the process."
ROBYN

After these three records, will there be another five years before we hear from you?

"No. That's the idea, that it's not meant to do that. My idea is to continue working like this – short tours and making music – but I don't know what that will mean, or whether the next album will come next year. I'll just keep making music and then we'll see."

Robyn's life

Robin "Robyn" Carlsson, 31, lives in Stockholm. Her fiancé is Olof Inger, an artist.

▶ **Robyn's Body Talk pt.1 was** released in June. Body Talk pt.2 is out this week. Her third is in the works.

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The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

MY BEST '90S TRACKS

Whatever you think of Pitchfork — the sometimes snooty indie music website — they put together some pretty great lists. They've recently tackled the '90s, coming up with the top 50 music videos and best tracks of the decade. That got me thinking about the music I listened to when I was a teenager.

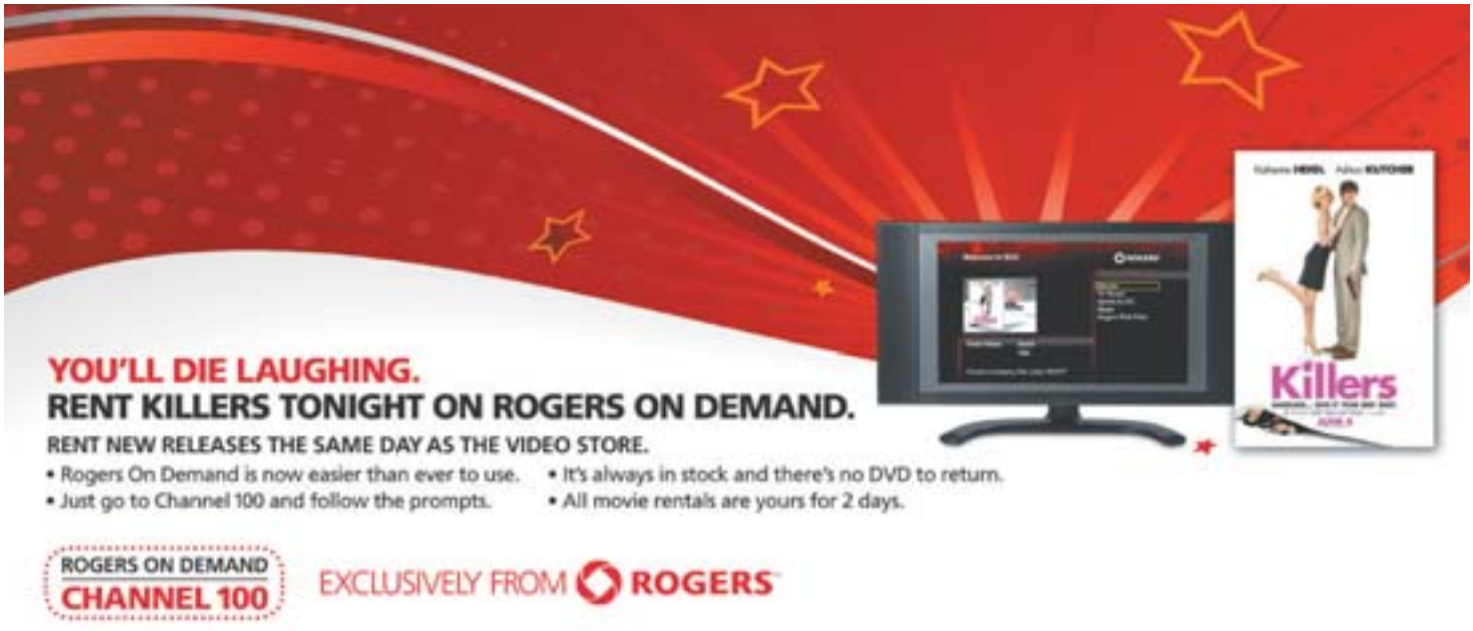
Mostly, my music consisted of Canadian rock. I've decided to put together a little list, too: my top four Canadian albums of the '90s.

SLOAN Twice Removed
These East Coast rockers were supposed to be Canada's Nirvana, but after the sludgy rock disc Smeared, the group took a 180-degree turn, writing a very non-alternative album of catchy indie pop. It got them booted off their label, but the record was a five-star collection of infectious hooks, witty lyrics and bright, accessible arrangements — a big difference from their drone-y debut. The songs are now classics and contain some of the best work any Canadian band has ever produced.

Thrush Hermit Clayton Park
Thrush Hermit was the last band to come out of Nova Scotia — what many billed as "Canada's Seattle" in the '90s — before attention turned back to Toronto and Montreal. Their final album came out in 1999 and, if they didn't break up that same year, the disc could have been huge. The foursome, led by Joel Plaskett's wild wail, expertly blended Sloan-like power pop with more guts and distortion.

Our Lady Peace Naveed
Our Lady Peace has made a lot of boring Can Rock, so it's easy to forget how good their debut was. The record came a few months before grunge sputtered out, so in 1995 it was refreshing to hear something that didn't sound like a Seattle rip-off. In fact, it didn't sound like anything I had heard. The band's blend of '60s hard rock, U2-like guitars, Raine Maida's soaring melodies and a subtle darkness, destroyed its competition (that would be Moist and I Mother Earth) — nothing they've made since has been as good.

Neil Young Harvest Moon
I came to this album later in the '90s — it was released in 1992 — but it was first real taste of Neil Young. Until this point most of what I listened to was power pop, grunge and indie, so I was stunned to hear such Young's passionate and sometimes uncomfortable thoughts on growing old. The acoustic folk disc is still a stunning listen — the title track's plodding, but poppy rhythm is a big reason why it's one of catchiest tracks ever written.



Canadian author Emma Donoghue.

Making Room for bestseller

London, Ont., author's novel made Booker long list even before it was published **Emma Donoghue's novel inspired by Austria's Fritzl case**

She'll find out today whether she's made the short list for the Man Booker Prize for fiction, but Ontario-based author Emma Donoghue already has many reasons to celebrate.

Last October, the Irish-born writer's harrowing new novel Room — about a boy who's never been outside the room in which he lives with his mom — was bid on by several publishers in the U.K.

Then, in July, Room made the Booker long list before it was even published. When it finally hit shelves in Britain and Ireland, it was an instant bestseller.

Now, various North American publications — including Oprah Winfrey's O magazine — have it on their must-read lists ahead of publication in Canada on Sept. 11 and the U.S. on Sept. 13.

"What's happening to Room is a freak situation for me," Donoghue, 40, said with a laugh in a recent phone interview from her London, Ont., home.

"My usual experience is that of most novelists: oblivion and mild humiliation. I'm not complaining here because it's just how it is for most writers. And I've never had to do anything else but write, so as far as I'm concerned I've been very successful all along.

"But the fact is, on most publication days, nothing happens — you sit there at home and nobody calls and if you're lucky there might be some reviews a couple of weeks later. So to have all these exciting things happen for Room, it's just a blast."

Many readers have been struck at the way Room subtly echoes the case of Elisabeth Fritzl, an Austrian woman whose father was convicted last year of imprisoning her in a cellar for 24 years, repeatedly raping her and fathering her seven children.

Donoghue says the Fritzl case put the idea for Room into her mind.

"But I knew immediately that I did not want to write a novel about Elisabeth Fritzl, it wasn't like that at all," added the Dublin-born wordsmith, who was longlisted for the 2008 Scotiabank Giller Prize for The Sealed Letter.

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The fantastic Mr. Sanderson

The writer goes from The Wheel of Time series to beginning an epic of his own with The Way of Kings

BRAYDEN SIMMS
brayden.simms@metro.us

Brandon Sanderson, the "young fantasy master" (as his publisher's promotional material dubs him), was until quite recently somewhat of a major nobody.

Just a short time later, he's taken the reins of the most epic of epic fantasies, the Wheel of Time series; released a trilogy and a stand-alone novel; and has even started on a massive series of his own, The Way of Kings.

You might say he's a bit of a workaholic. "It's been a lot of long hours," says Sanderson.

In 2002, at the age of 27, he had written 13 unpublished novels.

"I had been feeling a little discouraged for some time about my writing career," Sanderson explains. "No one was buying my books; I worried that I'd just never be able to make it."

But he persevered. "I just decided I was going to write the biggest, baddest, coolest book I could come up with," he says. "That's when a Tor editor called me and said, 'Hey, I want to buy this book.'"

Apparently, some epic fantasies do come true.

On The Wheel of Time

Sanderson credits being selected to finish the Wheel of Time series with helping to lift him above relative obscurity. "It completely changed the course of my life and my career," he says. "Working on 'WoT' forced me to stretch as an author. ... It was marvelous and fantastic and horribly hard at the same time."

On epic fantasy

- "What we do in epic fantasies is we create a world, trying to give a real sense of immersion. But characters come first. And if it isn't a good story, no amount of excellent world-building is going to make it worth reading, in my opinion."
- **"I feel that fantasy done right can do all the great things that other genres can do.** ... But it has to be on top of, rather than instead of."

▶ The Way of Kings is book one in the Stormlight Archives series.

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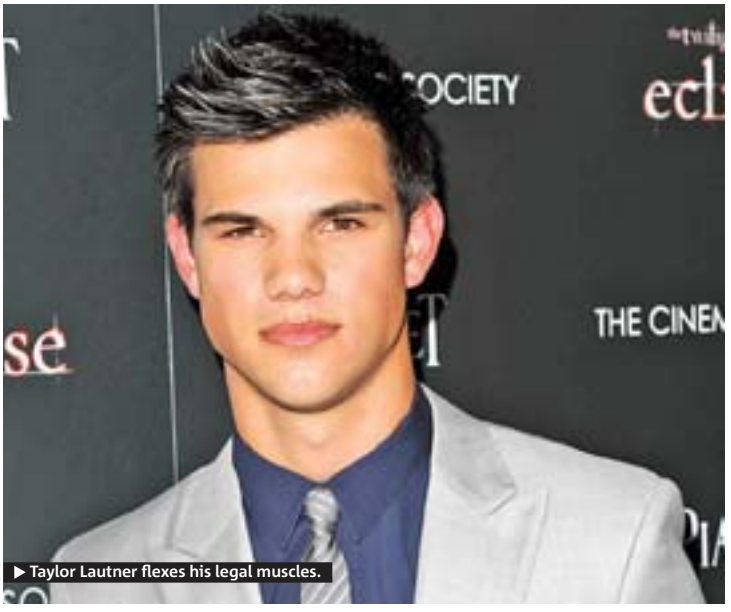
RV dealer pays for taking on Team Jacob

Business to fork out $40,000 to Lautner for failing to deliver custom vehicle


Taylor Lautner flexes his legal muscles.

Taylor Lautner came out on top in his dispute with an RV dealership that failed to deliver a custom vehicle for the Twilight star, according to Us Weekly.

"McMahon's RV has agreed to settle its dispute with Taylor Lautner," the actor's lawyer says. "McMahon's RV will pay $40,000 to Lautner, which Lautner will donate to the Lollipop Theater Network, a children's charity with which he has a long-standing relationship."

The 18-year-old Lautner sued the dealership Monday, saying it missed a June deadline to deliver the 2006 Affinity Country Coach for use on the set of the movie Abduction.

Lautner's lawsuit also claimed the RV needed additional work after it was delivered. Barta's statement claimed the vehicle wasn't in a safe, drivable condition when it was handed over.

It was unclear what upgrades Lautner sought. McMahon said the vehicle was given a custom paint job.

McMahon had offered to compete in a push-up contest to solve the dispute.

McMahon and his attorney had denied wrongdoing and had said they will vigorously defend the case in court if Lautner, 18, doesn't accept the challenge.

Lautner's attorney Robert Barta said the challenge was indicative of problems with the dealership.

A phone message seeking comment on the settlement was not immediately returned.

METRO

Lindsay Lohan

Watch out! Lindsay Lohan's behind the wheel once again

Barely a week after getting her license back for the first time in years, Lindsay Lohan is reportedly having trouble behind the wheel again.

Sources say the troubled actress clipped a stroller holding a small child while turning a corner in West Hollywood, according to Radar Online.

"It wasn't super hard, but she made impact and hit them," a source says. "Lindsay pulled to the right, stopped for two seconds, and then just kept going." When contacted for comment, Lohan told the website, "I don't know what you're talking about," before hanging up.

METRO

Talking points

Gaga's eating troubles?

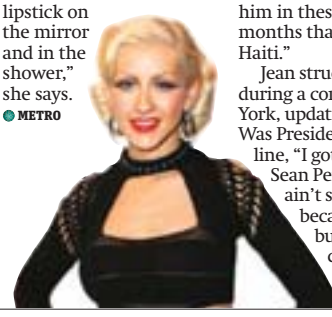
REVELATION. Lady Gaga's former tour manager claims the singer was hospitalized six times in 2009 because of eating-related illnesses, according to a new book. "When I say she was sick, I mean physically and mentally," David Ciemny says in Poker Face: The Rise and Rise of Lady Gaga. According to Ciemny, the singer would binge on junk food and then starve herself for weeks to drop pounds and fit into her outlandish costumes.

METRO

Xtina keeps the love alive

MARRIAGE. Christina Aguilera says that after five years of marriage to Jordan Bratman, nothing has really changed. "Marriage unites you and makes you official, but it didn't change our relationship. All the things like wanting to work hard and play hard — they were always important to us," she tells Cosmopolitan. But that's not to say there's no effort involved on Aguilera's part. "I leave little lipstick marks on the bathroom mirror for when he wakes up, and little notes written in lipstick on the mirror and in the shower," she says.

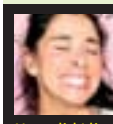
METRO



Celebrity tweets

Kelly Osbourne [@MissKellyO] I made it to the gym!!!!

John Mayer [@johncmayer] I wouldn't say I have to "man up" as much as "girl it down."


Sarah Silverman [@SarahKSilverman] How did I live this long without having seen that Double Rainbow video and it's autotune companion??

Conan O'Brien [@conanOBrien] Just spent all day at Legoland. It was so much fun, next time I think I'll bring my children.

Jean still sore over Penn stand

REVELATION. Wyclef Jean is apparently still bristling from Sean Penn's decision not to back the singer's bid to be president of Haiti.

Appearing on Larry King Live recently, Penn said, "One of the reasons I don't know very much about Wyclef Jean is I haven't seen or heard anything of him in these last six months that I've been in Haiti."

Jean struck back recently during a concert in New York, updating his song If I Was President with the line, "I got a message for Sean Penn, maybe he ain't see me in Haiti because he was too busy sniffing cocaine."

METRO

An international dance and cardio workout integrating both Latin and Asian moves, Zumba is the moving proof that there can be some science behind the best and wildest of parties Metro speaks to Zumba instructor Julie Kelly about how to get into the heat and heart of this exotic workout.

Zooming in on Zumba

Get the party started

Zumba moves are relatively easy therefore allowing the focus to remain on building up energy and finding a rhythm.

"There's a real party feel to it," says Kelly. "It's exercise in disguise and by the end of the class everyone is drenched in sweat. It reshapes your core and you start seeing definition lines in your body you didn't know you had. It works the bum, the thighs, the belly, the waist, the arms-everything."

▶ Show off your sexy spins and moves.

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Zumba combines moves from salsa and tango over to merengue and belly dancing. A class will have you swirling, squatting and swerving your way around your body and leave you smiling and sweating.

A cardio vascular exercise in disguise, Zumba carries huge benefits for the heart and is as instructor Julie Kelly describes, a form of "intermittent training."

"As you go from one dance move into the next, your heart rate goes up and down in a curvy line," she says. "This gives you time to recover in between moves and the ability to last throughout the entire workout."

Alongside its cardio benefits, Zumba also works on the core area, toning and defining stomach, arms and leg muscle. It also focuses on improving flexibility as engaging the hip and pelvic muscles and the lower back.

"Men come to Zumba class as the flexibility work improves their golf swing," says Kelly. "The underlying sexiness of Zumba gives people the permission to move in ways they normally wouldn't, great for building self-esteem and body confidence and highly empowering."

The flowing pace allows people to mindlessly burning calories, great for weight loss.

Zumba is unique in that one class can require you to perform belly dance moves where you must engage your core and lower back, followed by the salsa figure eight and lunges.

"We integrate the essence of Latin and (Asian) moves into the fitness," says Kelly.

"Salsa, flamenco, Indian bhangra, tango … they all require hip movement and core strength. We do some salsa squats and side steps that are more focused on aerobics and great for toning up the legs. We also have this one move whereby we use the rib cage to swerve the hips into a figure of eight, great for trimming the waist."

3 life

New brand

Baby carrot farmers are launching a campaign that pitches the little, orange, snacks as fun and naughty — just like junk food. A group of 50 producers hopes the "Eat 'Em Like Junk Food" effort starting next week will double the $1 billion market in two or three years. Learn more at babycarrots.com

THE ASSOCIATED PRESS

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Get fit unknowingly

5 ways to work fitness into your day-to-day life

ROMINA McGUINNESS
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METRO WORLD NEWS IN LONDON

Here are some quick tips to stay fit on the go in your daily life.

1 Use the stairs. Try and use the stairs as much as you can. Whether it's getting in and out of buildings, walking to the bus or getting to your office floor. Forget elevators and escalators every once in a while and use your legs.

2 Go the extra mile. Get off the bus or subway one or two stops earlier and walk that extra stretch. It may not seem like a lot but doing this twice a day every day will add up the amount of steps you take.

3 Go for a big shop. Carrying your grocery bags home instead of loading everything in a bag or a basket will have a similar effect as weight lifting.

4 Go on the coffee run. Instead of seeing the coffee run for those around you as a chore, see it as the perfect excuse to go for a brisk walk outside and some fresh air.

5 Invest in a Swiss ball. Swiss balls aren't just for the gym. Using one for as your desk chair will actually help you stand upright and improve your posture.

▶ A swiss ball at home can go a long way to toning your muscles.

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Dealing with effects of neurofibromatosis

One woman suffering from NF shares her story to help others

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO NEWS

"People have no idea what NF is," says Christine Maunu.

She is a 33-year-old market researcher in Toronto who suffers from neurofibromatosis (NF). People who have NF develop benign tumours, which can grow along the nerves anywhere in the body or on the skin. It is often inherited, but in Maunu's case, it came out of the blue.

She first noticed bumps on her torso when she was about 14 years old. This is typical of NF; the diagnosis is often made in young people.

Maunu is one of about 11,000 Canadians who are living with NF. It is one of the most common genetic disorders, far more common than cystic fibrosis or Huntington's.

As she got older, she noticed more and more bumps. When Maunu was in her 20s, she started doing online research about NF and became scared. Some of the possible results of the disease are a shorter lifespan, blindness, deafness, learning disabilities, curvature of the spine, and painful tumours. Many with the disease decide not to have children because each child has a 50/50 chance of acquiring the disorder.

"This was one of the most upsetting moments of my life," says Maunu, choking back tears as she remembers the research. "I was crying. I thought I was going to die."

Ten years later, Maunu is much healthier than she thought she'd be when she was in her darkest hours. She works full time at Metro Toronto, and has no problem being active. She's brave enough to tell her story, hoping to raise awareness about the disorder and thereby help others with NF who feel isolated and misunderstood.

Incident

Shunned on the TTC

Dealing with NF Christine Maunu has small bumps from NF on her arms. She often wears long sleeves, but this summer has been hot, so she's been wearing short-sleeved shirts. Recently, she was sitting on a bus and someone was about to sit beside her. The other person noticed the bumps on her arms, looked disgusted and went to sit somewhere else. Maunu decided to share her story with readers of Metro. She also volunteers for NF Canada, an organization dedicated to improving the lives of Canadians living with NF. It relies on donations to help ease the emotional and physical suffering of those with NF.

ISTOCK PHOTO

It is estimated that 11,000 Canadians suffer from NF.

PARENTING

Canadians too lenient?

It's not your imagination. Canadian parents are more lenient with their teenagers than parents in other countries.

Researchers at the University of Montreal, along with colleagues from France and Italy, compared how strict parents are with their teenagers in the three countries.

Results showed Italian parents are the most strict and likely to take action when rules are broken.

Canadian parents, on the other hand, are the most tolerant, with fewer rules and disciplinary actions.

CELIA MILNE

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Pulling out your hair

Link between chronic stress, heart risk may be found in hair: Study

▶ Researchers of a new study have found links between health and your hair.

Whether you're sporting a cropped cut or long curls, your hair may do more than reflect your personal style — researchers say it may serve as a means to measure stress.

According to a new study, a stress hormone that's captured in the hair may act as a biological marker for chronic stress, which researchers suggest may serve as a predictor of heart attacks.

"Acute stress is relatively simple," said Dr. Gideon Koren, who holds the Richard Ivey Chair in Molecular Toxicology at Schulich School of Medicine & Dentistry at the University of Western Ontario.

"You can talk to people, there are psychological ways to ask them (about) their stress ... and you can measure blood, urine to look at how much cortisol they secrete — cortisol, of course, being the stress hormone."

"Much less is known about chronic events."

For the small study, published online in the journal Stress, hair samples at least three centimetres in length were analyzed from two groups, each with 56 male patients: those who had had heart attacks and those who hadn't.

Koren said men who had heart attacks had "significantly higher levels of cortisol" compared to those male patients who didn't, even after correcting for other major risk factors.

THE CANADIAN PRESS

Study

More proof Researchers point to a recent study that revealed the presence of cortisol in the hair of ancient Peruvian mummies dating back to AD 550-1000.

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Food and some fun

There's no question about how much celebrity chef Chuck Hughes loves food Just look at his arms

On celebrity chef Chuck Hughes' arms are tattoos of lemon meringue pie and lobster. Another of shrimp and lemon. Pineapple. Pomegranates. Even one that has the word "Oysters" surrounded by a big heart.

"I've always really been into tattoos," explains Hughes, who says putting pictures of food on his body was a no-brainer.

"It's for life so you want to put stuff that you enjoy, stuff that you like and I never get tired of seafood."

His Chuck's Day Off cooking show had its second-season premiere on Food Network Canada last month, just days after the announcement it's been nominated for two Gemini Awards for best host and best lifestyle-practical information series.

While some cooking shows try to make preparing a dish seem like rocket science or mortal combat, Hughes aims to keep it simple — and fun.

"Cooking is an expression of yourself. If you want garlic, do it. I encourage people to just trust (themselves)."
CHUCK HUGHES

Forget the starched, stuffy look of the stereotypical chef when it comes to the owner of the trendy Garde Manger restaurant in Old Montreal. Hughes is rock 'n' roll.

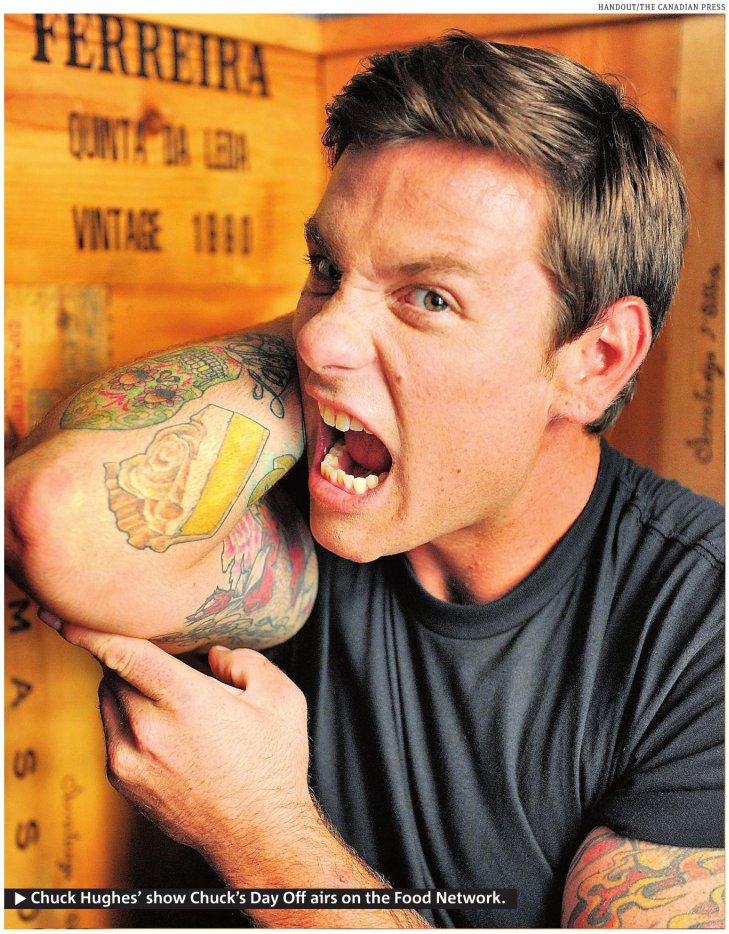
He says Chuck's Day Out, which is seen in the United States on the Cooking Channel and in 20 other countries, is a way of acknowledging all the people behind the scenes in the restaurant business as well as showing how to prepare a meal.

"It's really a celebration of everything restaurant," he says. "Really, I'm surrounded by a million people that really make it happen."

In the show, he prepares a meal for some of these people on his day off in a fast-paced but enjoyable exercise at his restaurant in a 125-year-old stone house.

The menus are tailored to whoever's dropping by: his "coffee guy," for example, gets scallops with a coffee glaze. THE CANADIAN PRESS

HANDOUT/THE CANADIAN PRESS



Chuck Hughes' show Chuck's Day Off airs on the Food Network.

In-season vegetables and delicious black cod

The following recipe created by celebrity chef Chuck Hughes is easy to make yet bound to wow your guests. A mixture of vegetables that are now in season gives the entree a complex flavour.

"En Papillote," from the French for "in parchment," is a method of cooking in which the food is put into a folded pouch or parcel and then baked. The parcel, usually made from folded parchment paper or foil, holds in moisture to steam the food.

Ratatouille and Black Cod en Papillote
Preparation:

1. Preheat oven to 200 C (400 F). Line a baking tray large enough to hold the length of the fish with a piece of parchment paper that you can double over to encase the mixture.
2. On the parchment paper, place onion, eggplant, zucchini and tomato slices in a tightly overlapping and alternating pattern, leaving a 2.5-cm (1-inch) margin around the edge of the paper. Season with salt and pepper.
3. Lay fish on top of vegetables. Drizzle fish with oil. Garnish fish with red pepper, garlic and thyme. Season with salt and pepper. Place butter on top, scattering cubes to distribute evenly.
4. Fold parchment paper over fish and vegetables, folding in ends and crimping edges to seal bundle.
5. Steam in oven for about 20 minutes or until flaky.
6. In a bowl, mix together all ingredients for the herb salad.
7. Transfer parchment package to a serving plate. With a knife, cut paper open, being careful as steam will escape. Garnish each serving with herb salad. Makes 4 servings.

THE ASSOCIATED PRESS

Ingredients:

Ratatouille and Black Cod en Papillote
- 500 g (1 lb) black cod, skinned
- 30 ml (2 tbsp) olive oil
- 1 onion, finely sliced
- 1 Italian eggplant, finely sliced
- 1 zucchini, finely sliced
- 1 yellow zucchini, finely sliced
- 1 tomato, finely sliced
- 1 red pepper, seeded and diced
- 1 clove garlic, minced
- 4 sprigs fresh thyme
- 30 ml (2 tbsp) butter, cubed
- Sea salt and pepper, to taste

Herb Salad
- Handful of basil, leaves only
- Handful of chives, cut in half
- Handful of parsley, stems removed
- 5 ml (1 tsp) white balsamic vinegar
- 5 ml (1 tsp) olive oil
- Salt and pepper, to taste

Liquid Assets

Final BBQ days

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Like it or not folks with Labour Day come and gone, the end of summer isn't far behind. That doesn't mean we can't party like it's 1999; especially when there's still some prime barbecuing weather left. I'm keen to grab some red meat and a little chicken and take advantage of every cooking alfresco day I have left.

My choice grilling grape mate is malbec, but rather than choose one from Argentina (where the berry is king) think neighbouring Chile and the Concha y Toro 2009 Casillero del Diablo Malbec ($12.95 - $14.23). It's got more up-front fruit and soft, dry tannins than most of its competitors next door; finishing with some nice, light licorice and black pepper.

For a BBQ white I'm all over chardonnay. The grape's got the body and personality to make nice with both red and white meat with the Sterling Vineyards 2009 Vintner's Collection Chardonnay ($14.95 - $15.25) from California's Central Coast a winning combo of butter, green apple, tropical fruit, banana, coconut and butterscotch.

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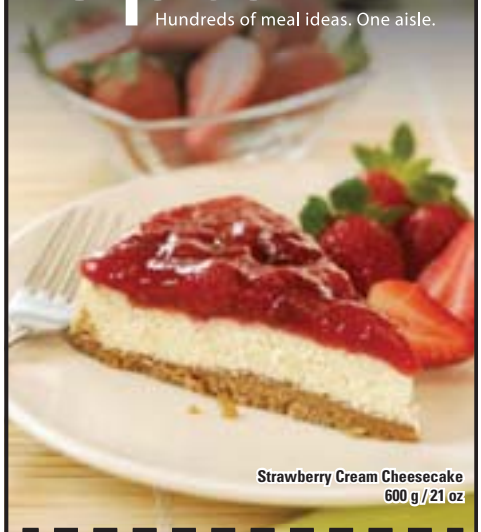
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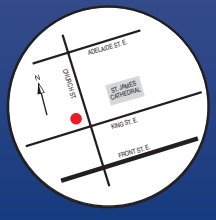

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Apple treat for Rosh Hashanah

- The food of Rosh Hashanah, the Jewish New Year, is typically sweet and sugary
- Here's a recipe for those trying to limit sugar and fat while staying sweet

These challah bread apple summer puddings feature a crispy, golden crust made with thin slices of the traditional Jewish celebration loaf, along with a filling of apples and honey, two Rosh Hashanah mainstays. And rather than being made rich with a stick of butter and a lot of white sugar, these moulded desserts are made with sweet, natural apple butter.

Serve challah bread apple summer puddings hot out of the oven with a scoop of vanilla frozen yogurt or a dollop of fresh whipped cream.

Challah Bread Apple Summer Puddings

Preparation:

1. Heat oven to 200 C (400 F). Lightly coat eight 175-ml (6-oz) custard cups or other ramekins with cooking spray. Add 5 ml (1 tsp) of sugar to each cup and swirl to coat the inside.

2. Lay 8 slices of the bread on a work surface. With a cookie cutter or a small glass, cut out 8 circles of bread just large enough to fit in the bottoms of the custard cups. Trim crusts from remaining 12 slices of bread, then cut slices into rectangles or squares. Use pieces to line sides of ramekins, overlapping slightly to completely line sides. Set aside.

3. In a bowl, stir together apples, apple butter, raisins, honey and lemon zest. Spoon mixture into bread-lined cups. Press filling down into cups, smoothing tops. Set puddings on a baking sheet and bake for 25 to 30 minutes or until bread is lightly browned on the sides and bottom. Run a knife around the inside of each cup and invert onto dessert plates. Serve warm. Makes 8 servings.

THE ASSOCIATED PRESS

Ingredients :

- 40 ml (8 tsp) sugar
- 20 very thin slices challah bread
- 1 l (4 cups) peeled and grated Golden Delicious apples (4 to 5 large apples)
- 250 ml (1 cup) apple butter
- 125 ml (1/2 cup) golden raisins
- 30 ml (2 tbsp) honey
- 10 ml (2 tsp) grated lemon zest (about 1 lemon)

LARRY CROWE/THE ASSOCIATED PRESS

▶ Challah Bread Apple Summer Puddings.

Kosher wine making a name for itself

Since Rosh Hashanah is all about clean slates and fresh starts, perhaps it's time to give kosher wines another chance.

At least, that's what Aron Ritter, oenophile and founder of the New York-based Kosher Wine Society, says about the wines with a reputation for plonky sweetness and the Jewish new year (which begins tomorrow at sunset).

And a growing number of people seem to be listening: One issue for kosher wine producers is overcoming the old image of kosher wine as a sweet, cheap product. With more producers making kosher wines out of premium grapes, such as cabernet sauvignon, that perception is changing.

At Carmel Winery, a major Israeli producer — see their Carmel Mediterranean 2007 kosher wine at right — there's been a switch in strategy from exporting mostly sacramental wine to higher quality vintages,

Higher quality kosher wines are now in demand says Gary Landsman, spokesman for Royal Wines, one of the largest importer, producer and distributors of kosher wine in North America.

"Ten years ago you would be hard-pressed to find a $30-plus bottle of kosher wine," he said in an email. "Now there are over 100 or more of these wines. You are even seeing non-kosher consumers purchasing kosher wines because they are good." said Landsman.

THE ASSOCIATED PRESS

▶ Yes, that's right, a BLT frittata.

The BLT in fine frittata form

Is there anything a BLT can't inspire? It's been turned it into a pasta dish. It's been made it into a jam. It's been done as a salad. Even as a soup. And now … we give you the BLT frittata.

OK, it isn't a direct correlation. This recipe tops a basic egg frittata with bacon and tomato. Lettuce seemed a poor choice for anything that lands under a broiler, so the recipe goes with another green — chopped scallions. A healthy toss of grated manchego cheese helps tie it together. The result is a fast and easy flavour-packed dish that is ready for dinner duty. And if you want to lighten it up, just substitute turkey or chicken bacon and cut back or eliminate the cheese.

Ingredients :

- 6 large eggs
- 50 ml (1/4 cup) fat-free half-and-half (or milk)
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 125 g (1/4 lb) bacon, cut into small pieces
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) garlic powder
- 1 large or 2 medium tomatoes, thinly sliced
- 250 ml (1 cup) grated manchego cheese
- 1 scallion, thinly sliced

Preparation:

1. Heat oven to broil. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk well, then set aside.
2. In a large, oven-safe skillet over medium-high, cook bacon until just crisp, about 5 minutes. Add onion and garlic powder and saute for another 6 to 8 minutes or until onion begins to brown. Transfer half of the bacon and onion to a small bowl and set aside.
3. Return skillet with remaining bacon and onion to medium heat. Add eggs to skillet, stir to mix in bacon, then let cook until the bottom has set, about 5 minutes.
4. Remove skillet from heat. Arrange tomato slices over top of eggs in an even layer. Sprinkle cheese over tomatoes, then sprinkle scallions and reserved bacon and onions over it.
5. Broil on oven's lowest rack for 1 to 2 minutes or until the cheese is melted and lightly browned and the egg is set through the centre.

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Learning to say goodbye

▶ Mom and daughter shop for schools supplies.

The hour when Ariana Kramer will begin her college career is fast approaching — and her parents are in an office supply store, disagreeing about hanging files, of all things.

"She'll need them," her mother says.

"I don't think so," her dad counters.

Ariana, meanwhile, walks dreamily through the store, offering no opinion on this particular decision.

She has mom, the family organizer, with her, and dad, the calm encourager. And they have "the list," which mom printed from one of those "what-you'll-need-at-college" websites.

Robin and Paul Kramer aren't crazy college parents — not like the mother who, as relayed by one dean of students at one California college, stayed in her daughter's dorm room with her for four nights to help her adjust.

Nor have they ignored barricades intended to keep parents from trying to register for classes for their children, or crashed student-only orientation events, which officials at universities say happens more and more. Still, even for average parents, letting go is difficult — more so, they and many others say, than it was for parents of college-bound freshmen in decades past.

Robin Kramer recalls how her own parents, who never attended college, dropped her off with a trunk full of belongings at Drake University, also in Iowa, in 1978. She set up her room and attended orientation without them there. "It's just what you did then," she says. **THE ASSOCIATED PRESS**

LOVE FINALLY FINDS A WAY

How We Met: Kevin & Eileen

Names: Kevin, 32, and Eileen, 30

Hometown: Toronto

Together since: 2004

Their story:

▶ Kevin and Eileen first met at university.

"I (Eileen) first saw Kevin while I was doing my undergrad at the University of Western Ontario. He would wait outside my economics class for an "accidental" run in, but it never ended up happening. Then he found out that I was roommates with one of his friends from high school. He asked her if I was single — I was not. And then he discovered we were all going on vacation to Mexico for spring break. He tried to get invited — he was denied. He kinda became my friendly, neighbourhood stalker. We officially met in my third year of university (his fourth) at a party thrown by a mutual friend. I loved his sense of humour and I thought he was absolutely gorgeous, but I was dating someone else at the time. The timing was just off. Fast-forward three years to a friend's birthday party at a bar in Toronto. I spotted Kevin and he looked familiar to me, but I just couldn't place him. He knew a lot about me and I was embarrassed that I couldn't remember meeting him. He was charming and sweet and we (finally!) hit it off instantly. We were also both single and we began dating. Two years later, we got engaged and then married the following year."

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ADVERTISING FEATURE

Committed to Quality

Ron Versteeg, 49, works on his dairy farm seven days a week and he plans to keep it up for another 20 years. When you're part of an industry you believe in, it's easy to stay motivated.

"I love my job," says Ron, a third-generation farmer and resident of Russell, Ontario near Ottawa. "My work helps make Canadian dairy products the best in the world, not just in terms of purity and quality, but taste, too."

Ron's high-tech, highly regulated operation would shock an old world farmer like his grandfather. He owns 210 heads of cattle, each housed in a sand-bedded stall. His farm milks 100 of them every day—three times each. Speed is important, but cleanliness matters most. "We clean the cow's udders beforehand and dip the teats in iodine immediately afterward to prevent contamination," Ron explains. "The milking itself takes about five minutes."

Ron's family owns a 'closed herd'; meaning they don't milk cattle they haven't raised themselves. They also grow all the hay, soybean, corn and cereals needed to feed the herd. This allows Ron maximum quality control over his operation. Even if something escaped his attention, dairy industry procedures would be there to catch it. "The milk's picked up every day," says Ron. "The transporter tests it on the spot, and it's tested again when it arrives at the processing plant. If it reaches your table, you can be sure it's safe."

The '100% Canadian Milk' symbol, displayed on hundreds of dairy products, signifies that all proper procedures have been followed. For Ron, though, it means even more: "When Canadians choose to buy products made with 100% Canadian milk, they are purchasing the finest milk Canadian producers have to offer. But they can also feel good knowing they are contributing to the local economy in more ways than one. Through the support of Canadian consumers, I was able to build a new barn, a project that allowed me to employ 20 local workers for almost a year."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

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Put your best fleet forward

Businessess with more than five vehicles need to ensure sure they have the right insurance coverage

▶ Ensuring you have the right insurance coverage for your fleet can contribute to the long-term success of your business.

When small businesses first get underway, it is common to have one or two vehicles as the primary methods of transportation for the company. And while this may work in the short term, transportation requirements can change dramatically as a business grows. Once a business is operating five or more commercial vehicles, that business is also managing a fleet.

"When business owners become fleet managers too, they need to review their commercial auto insurance policies to ensure they are properly covered and getting a good rate," says Paul Lucarelli, fleet director at RSA Canada. "At the same time, take advantage of the risk management advice an experienced fleet broker and insurer can provide to help prevent accidents and contribute to the overall success of a business."

According to Transport Canada, approximately 75 per cent of crashes result from driver error. The following tips from RSA Canada will start small business owners on the right path towards operating a safe fleet and ensuring they have right fleet insurance coverage in place:

• Assess your needs — How large is your company? How often are your vehicles on the road? Determining these answers will allow you to choose the best coverage for your business.

• Research, research, research — There are a number of options and plans available for commercial fleet insurance. Know the playing field before committing on the dotted line.

• What type of vehicles are you insuring? — Depending on the values and types of vehicles that require insurance coverage, you may want to consider varied coverages and limits to provide the right coverage for the best price.

• What are your intended uses for the vehicles? —Are they all going to be used for the same purposes? If not, you may be able to have a varied plan that allows you to save money.

• Invest in driver training — Make sure you're promoting a culture of safety in your organization. Well-trained drivers mean lower insurance rates and fewer accidents - that means fewer claims.

• Manage the maintenance your fleet — This will result in a better performing fleet, reduce your potential for down time, and decrease your insurance rates.

• Work with an experienced fleet broker andinsurer — Take advantage of their loss control expertise. Loss control officers can help you identify areas for improvement, save you money and help you prevent accidents.

NEWS CANADA

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TAITRA

News in brief

Feds say student debt to top $15B

LOANS The total value of student loans owed to the Canadian government will surpass $15 billion this month, according to a regulatory changed filed by Human Resources Development Canada Minister Diane Finley.

Last month, the Governor General approved Finley's request to change the method of calculating the amount of outstanding student loans.

"As currently calculated, the legislated ceiling of $15 billion in outstanding student loans, as specified in section 13 of the Canada Student Financial Assistance Act, is expected to be reached in September 2010," the minister wrote. METRO

New calls for university in the North

SCHOOL The federal government's recent effort to assert its sovereignty in the Arctic has revived calls to establish a university in Canada's North.

Colleges in the region have collaborated with universities elsewhere to offer select degree programs, but in many instances, northern students must travel far from home to pursue post-secondary education. METRO

Ryerson launches urban energy centre

STUDY Ryerson University announced last week the creation of the Centre for Urban Energy, devoted to the discovery and commercialization of innovative, practical solutions to urban energy issues. METRO

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▶ How to transfer with style and ease ▶ There is more interest among schools to get matriculating students ▶ Warning — the loans you have might not go with you

▶ Students transfer between colleges and universities every year for a variety of valid (and not-so-valid) reasons.

It's time to move on

DREW HINSHAW
SCENE@METRONEWS.CA

Placing yourself in a choice college or university can be a numbers game, and if your grades or tuition veers off, your most frugal and strategic bet might be to transfer.

"A lot of people are going to ... colleges for their first two years," Bound For College Guidebook author Frank Burtnett says.

Plan ahead, and the transfer track can split by half the cost of matriculating through the alma mater of your aspirations. Meanwhile, time may transform you into a more competitive candidate. And while you're there, your choice school might just become as intrigued by you as you are by them.

"There is more interest among schools these days to get more transfer kids," remarks The College Solution author Lynn O'Shaughnessy.

A few scattered transfer grants aside, however, that interest hasn't yet manifested into any appreciable increase in financial aid.

"Often the money you get as an incoming junior isn't as good as an incoming freshman," O'Shaughnessy says. "The big questions you should be asking is what kind of aid you're going to get, and what credits will transfer."

Don't let those questions linger unanswered. "If you have schools in mind, you need to call those schools and make sure you take the right subjects," O'Shaughnessy says.

And look for matriculation agreements between your college and universities. "That could mean automatic acceptance," Burtnett says.

> **"As a transfer student, the big questions you should be asking are what kind of aid you're going to get and what credits will transfer."**
> LYNN O'SHAUGHNESSY

The downside to change

"Transferring is not without its challenges," author Frank Burtnett notes. "You have to spend more time doing the orientation and figuring out the expectations of the new school."

Burtnett says transfer students do well, demonstrating higher on-campus maturity, smarter time management and a clearer sense of purpose. But, first college advisor Reecy Aresty warns, before you count your acceptance letters as signed, you'll need to crack the books. "Kids don't realize how well they have to do in a ... college to get into a really good four-year school in year three," he says. METRO WORLD NEWS

▶ Most campuses have a career centre that can help international students with their job search.

WORKING IN CANADA

ERIC EMIN WOOD
FOR METRO CANADA

International students hoping to finance their studies with part-time work have two options: Find a job on campus, or apply for an off-campus work permit.

Students are not eligible for the permit until they have completed six months of full-time studies and are in good academic standing, "meaning they are coping with their course loads," says Cheryl Gonsalves, an international student advisor with the University of Toronto.

The intent, she says, is to prepare students for culture shock — settling into a new education and social system.

However, international students who successfully register for more than six months of full-time Canadian study receive a study permit, which allows them to work on campus.

"It is felt that within your own environment it's a lot easier to take some work on," Gonsalves says.

Most campuses have a career centre which can assist international students with their job search, help them write up a resume and look for job postings, she says.

"It's a great opportunity," says Michelle Suderman, associate director of international student development at the University of British Columbia.

Suderman notes that "on-campus" includes stores and restaurants on campus grounds, or research facilities and institutes affiliated with the school, such as hospitals.

Applying for a permit

- The application process for an off-campus work permit is the same across the country.
- Qualified students can visit cic.gc.ca/english/e-services/off-campus.asp, register with the government's "MyCIC" service, and apply online.
- Even with a work permit, students are not allowed to work more than 20 hours per week during the school year, to avoid compromising their studies.
- However, it's ideal for students who remain in Canada during the summer, when they may work full time (40 hours per week).
- Once registered, students may work anywhere in Canada.

STUDY SHOCK

- Cultural differences make for new challenges when studying abroad
- Experts recommend being social and taking advantage of campus resources

RAF BRUSILOW
FOR METRO CANADA

The hardest part of being an international student sometimes isn't the grades at all, but rather the challenges that come from being in a new culture.

Michelle Suderman, associate director of international student development at the University of British Columbia says while the first few weeks in a new culture can be loads of fun as you discover new things and meet new people, once things settle down a hard reality can hit when you realize that enthusiasm alone isn't going to get you through your new challenges. The key is to stay positive and make an effort to expand your horizons constructively.

ISTOCK

▶ The key to get through cultural challenges: Stay positive and expand your horizons.

Going abroad

If you're studying in a new culture, here are a few things experts suggest to lessen your culture shock:

- Be social. Join clubs and groups with other people, particularly those who share your own interests and connect with classmates after class. Making friends will help ease you into the culture more naturally and with less frustration.
- Make use of international student resources on campus. Most schools provide counselling and support services to help international students get and stay on their feet in a new culture so you don't have to go it alone.

"Research indicates that when people are coming into a new culture they tend to have a honeymoon period, but then eventually they crash and start to miss those things which are familiar to them. Most people find that if they go beyond their comfort zone they actually emerge stronger for it," Suderman said.

Cheryl Gonsalves, an international student advisor at the University of Toronto, says international students can struggle with making new friends and encountering social customs which may be strange or counter to what they're used to.

"It's common to have trouble making friends or fitting in, which itself can create some level of culture shock so we encourage students in their first month to do as much outreach and networking as possible. Try to be proactive and embrace the diversity around you," Gonsalves said.

Most importantly, realize that growing pains are part of the process and it's OK to revert to a safety net of familiar things every once in a while.

"It takes effort to bridge the gap between different cultures, it doesn't just happen overnight so we strongly encourage students to stay connected to things that help them remember who they are, whether it be a religious group, a sport or a particular pastime," Suderman said.

Tips for new students

For foreign students, Canada's culture can seem starkly different from back home. Here are a few things to remember:

Canada gets cold! "The weather can be a visceral experience for new students," Suderman said. Get someone local to help you shop for what may likely be your first real winter jacket or set of boots.

The phrase, "Hi, how are you?" is more of a simple pleasantry than a real question, it's meant to show you are approachable. Similarly, "Let's meet for coffee sometime" is less about coffee, or even about getting together, as it is a polite parting phrase.

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Mastering global affairs

U of T offers premiere internationally-primed degree

KEITH CARMEN
FOR METRO TORONTO

For 183 years, students have flocked to the University of Toronto as their preferred post-secondary education facility. With its latest program commencing this fall however, a number of those pupils are signing on to be turfed right back out.

Such is the modus behind the Munk School of Global Affairs at the University of Toronto (1 Devonshire Place) and their Master of Global Affairs program. As director Steven Bernstein relates, the two-year designation features, "specialized instruction on global economic and financial systems, global institutions, global security and global civil society." The (temporary) ejection comes during an element unique to most universities: During their second year, students are placed in an internship outside of Canada.

Essentially, apart from foreign affairs schooling, the Master of Global Affairs degree is the first of its kind with a universal focus. It's also the premiere program featuring mandatory international internships integrated into the curriculum. Bernstein feels this practice will offer graduates accelerated experience in their field.

"The unique factor of this program is that it combines the (aforementioned specializations) with applied learning," he notes. "It teaches government, non-profit and markets at the global scale."

Conceptually, the program originated via both students and businesses advocating for a union of academics with professional development and practical skills. In application, it incorporates a number of internationally-revered professors instructing on customized courses in their area of expertise.

Upon completion of a final capstone course based on internships taking students to Africa, Latin America, Asia or Europe, graduates attain a new designation: MGA with ability to combine degrees.

"We expect it will become known quickly," Bernstein smiles. "I believe we're the only one using it currently, but it is a Master designation from the University of Toronto. We believe it will be well-recognized as a university degree distinct from a traditional MBA."

MGA program

- Ensuring the Global Affairs program is well-rounded, Bernstein and crew have created a comprehensive curriculum over a two year span. Mandatory first year classes provide a broad foundation of information divided into the following courses:
  - Development of the Global System
  - Global Security
  - Strategic Thinking and Decision-Making
  - Global Civil Society
  - International Economics
  - International Law
  - Global Public Policy
- Specialization occurs in year two, with elective courses honing in on one of Global Affairs' major components:
  - Economics in Markets
  - Institutions for Foreign Policy
  - Global Civil Society
- After a successful internship, graduates are graced with an MGA designation.

HEATHER CARMAN OSTRANDER/FOR METRO TORONTO

▶ 1 Devonshire Place is the new home of U of T's Master of Global Affairs program.

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Going the distance online at Athabasca

NANCY BURT
FOR METRO CANADA

One of my proudest achievements was receiving a Master of Arts degree in my 50s while working full-time in a stressful administrative position at Humber College.

As Humber started offering degree level programs a few years ago, I was strongly encouraged to get a post graduate credential — a daunting prospect for an already over-worked professional.

But I found it was not only possible, but stimulating and actually enjoyable by doing it online through Alberta's Athabasca University.

"I loved my professors and virtual classmates — I still have friends I've never met in person"
NANCY BURT

I did it over a few years, one course at a time, all year round. I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

It takes dedication and a desire to succeed, but for me it was much easier than attending university classes at night.

Online learning is best through an institution that specializes in distance education because they make the coursework truly interactive and fun.

But be warned, it is more rigorous than face-to-face learning because you write everything including class discussions, group work seminars, research essays, and that final major thesis project. It certainly helps if you like to write.

Would I recommend it? Absolutely!

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Ryerson study looks at ride injuries

Most investigations blame riders, not equipment, professor finds

FOR METRO TORONTO

Visitors to Canada's Wonderland or the CNE, especially parents, who question the safety of their iconic thrill rides should be somewhat relieved to know that many injuries are not the result of malfunctions, but rider errors, according to a recent study led by Kathryn Woodcock, an associate professor of Human Factors and Safety at Ryerson.

"Most riders behave appropriately," says Woodcock. "But it is common to see both adult and child riders sitting improperly, standing on a moving ride, or even trying to outsmart restraint devices."

The study utilized official investigation reports of 37 amusement ride accidents in California, with the team noting the human or technological errors recorded. Human errors were further divided into "physical execution slips" (ex. tripping on a step), mistakes, and lapses ("omitting an action when an action is needed," says Woodcock).

While the reports blamed riders for most errors, Woodcock believes many accidents could be avoided if rides were designed with greater emphasis on what she calls "human factors engineering.

"Most engineering training doesn't cover human factors in depth," says Woodcock. "New graduates tend to believe if a piece of equipment can be used safely, it will be used safely, so long as people are given instructions and buttons have labels."

SUBMITTED PHOTO

▶ Ryerson professor Kathryn Woodcock peers from inside an amusement park ride. Woodcock's recent study of rider errors has led her to believe that modifying rides to better compliment rider behaviour can make the experience safer and more enjoyable.

Ride safe

Keep these tips in mind when riding to help keep you safe:

- Be mindful of your surroundings. Many riders focus on screaming, raising their arms, or holding loose objects, and fail to notice the ride's rules.
- If supervising children, make sure they understand basic safety, such as why they shouldn't stand in the middle of a ride, or reach at something interesting-looking.
- Do not attempt a ride if you don't fit the minimum requirements. Those warnings are based on factors the rider might not know about, says Woodcock: "If you see other people disregarding the rules and getting off the ride smiling, it does not mean the same action will be safe for you."

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CENTENNIAL COLLEGE

Hockey Hall of Fame inducts first female

Twenty years after bringing home the gold, Angela James, Seneca's senior sports coordinator gets her place in history

LEYLA EMORY
FOR METRO TORONTO

Angela James grew up in Flemigdon Park and started playing hockey when she was eight years old.

"We were probably the spitting image of the commercial where a car drives up, someone yells 'car,' we move the nets, then go back to playing."

Looking back James is modest: "I really enjoyed the game. I was good at it without a doubt, but would I have thought back then that today I'd be going to the Hockey Hall of Fame? No, not at all."

Four world championships and eight MVP awards later, it doesn't seem like such a stretch. Beyond establishing herself as a pivotal player, James has done much to advance the sport as a whole. She has been a vocal ambassador of women's hockey on a local national and international level.

"Anything is possible. That's something I'd like to pass down to my children and pass down to young kids that play the game."

This November, when the induction ceremony is scheduled, she'll have proved it. "It's a great day for hockey. It's a great day for female hockey in particular, but I wouldn't say just the women's game. We're not living barefoot and pregnant anymore. Times have changed. Equality is here to stay."

Seneca's role

Angela James on how Seneca College contributed to her success:

"Without Seneca I would have had a difficult time competing over the years. There were a lot of competitions where I had to leave my job. For the most part all the people I know that competed in Team Canada had to give up their positions. I was able to maintain my position here at the college while taking some leave of absences and get away when I needed to play for my country. They were very accommodating in that way. Also while working here, being in the athletic department was very conducive to what I was trying to accomplish."

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SUBMITTED PHOTO

Nudgeables (created with Hazel Meyer), is a project by OCADU DFI faculty member Kate Hartman.

OCADU looks to digital future

University plans to launch new interdisciplinary program in fall 2011

EVA LAM
FOR METRO TORONTO

In a rapidly technologizing world, OCAD University is meeting the evolution of art and design head-on with its Digital Futures Initiative.

The initiative explores the creative possibilities of digital technologies through new cross-disciplinary programs, research laboratories and partnerships.

"We're surrounded by computation and technologies in our day-to-day life," says Caroline Langill, associate dean of the faculty of art and interim chair of the DFI undergraduate program. "(So) it's important for artists to be engaged in those media that business and corporations are using for various applications."

The DFI mandate includes both a heavy academic component as well as hands-on, studio-based learning. In September 2009, the school launched DFI-related minors in digital media and on-screen media.

OCADU plans to introduce an interdisciplinary major program in fall 2011, where students will be able to specialize in the following areas: Physical, tangible and embedded interactions; screens, performance and games; data visualization; inclusive design; or foresight and innovation.

Langill cites the iPhone and iPad as examples of how computation and technologies have influenced the design community. Technologies have also changed the nature of both art and its audience, she says. "Over the past 10 years we've seen artists engaging much more in new media art practices and using interactive technologies for art, which makes work often much more participatory."

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Get animated at Humber

New three-year program gives students time to create polished 3-D portfolios ▶ Third year to create demo reel

ERIC EMIN WOOD
FOR METRO TORONTO

Students interested in learning 3-D animation have a new option to consider at Humber: The college is launching a re-purposed 3-D animation art and design program in September.

For years, Humber has offered a two-year diploma, with an extra post-graduate year specializing in gaming, character animation and visual effects available.

"Animation takes time to learn," says Terry Posthumus, the program's coordinator. "The three-year program offers students the time they need to create a polished, professional demo reel and portfolio."

The new program combines the former postgraduate year with the diploma, creating a three-year advanced diploma. Students use 3-D Studio Max, a favourite of artists, developers, and designers working in video games, film, and television alike. A three-semester postgraduate year in Maya, often used by special effect houses in films such as Avatar, will also be available.

The program has five main streams: Life drawing; production art; 3-D art; texturing and visual effects; and character animation, Posthumus says.

In their first two years students develop story, traditional art and digital skills. In their third year they develop a "demo reel," footage they can exhibit to potential employers.

"Technical skills are important," Posthumus says, "and anyone seeking employment in this industry must demonstrate that they are able to create something engaging and artistic. And make no mistake, that's what the industry is looking for."

The program's graduates have gone on to work at game, animation and commercial studios in the city and around the world. "I've had some of the current batch of postgraduate students get jobs before their programs have even ended," Posthumus says.

For would-be animators, he says, "you need a solid art portfolio, demonstrating strong drawing skills." That goes for both the program and the industry. "The more time you spend developing your portfolio," Posthumus says, "the better off you're going to be."

SUBMITTED PHOTO

▶ Students will have the opportunity to create and render their own characters, such as Michelle Ryan's anti-Cupid, Essence.

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4 sports

Labour Day not classic for Argos

Toronto beats itself yesterday to suffer second straight loss

TIGER-CATS	ARGOS
28	13

Did you know?

Cleo Lemon is Toronto's fifth different starting quarterback in as many Labour Day contests.

Markeith Knowlton blocked a punt, then recovered it in the end zone late in the first half to lead the Hamilton Tiger-Cats past the Toronto Argonauts 28-13 in yesterday's Labour Day classic.

Knowlton blocked Jamie Boreham's attempt, then ran the bouncing ball down in the end zone with two seconds remaining before a raucous Ivor Wynne Stadium sellout of 30,319.

Knowlton's recovery staked Hamilton to a well-earned 20-6 halftime lead.

Toronto (5-4) countered with Cory Boyd's seven-yard TD run at 5:06 of the third. But Hamilton regained its 14-point lead after Kevin Glenn's 15-yard touchdown strike to Dave Stala at 12:49.

Toronto was its own worst enemy yesterday, turning the ball over five times and allowing three sacks.

Hamilton (5-4) moved into a second-place tie with Toronto in the East Division with its fourth straight win.

More importantly, the Ticats clinched the season series with the Argos, meaning they will finish ahead of their rivals if the two teams end the regular campaign tied.

But Hamilton will host Montreal (6-3) Saturday with a chance to move into a first-place tie with the defending Grey Cup champions in the East.

DeAndra' Cobb had Hamilton's other touchdown. Sandro DeAngelis booted three converts and two field goals while Eric Wilbur added a single.

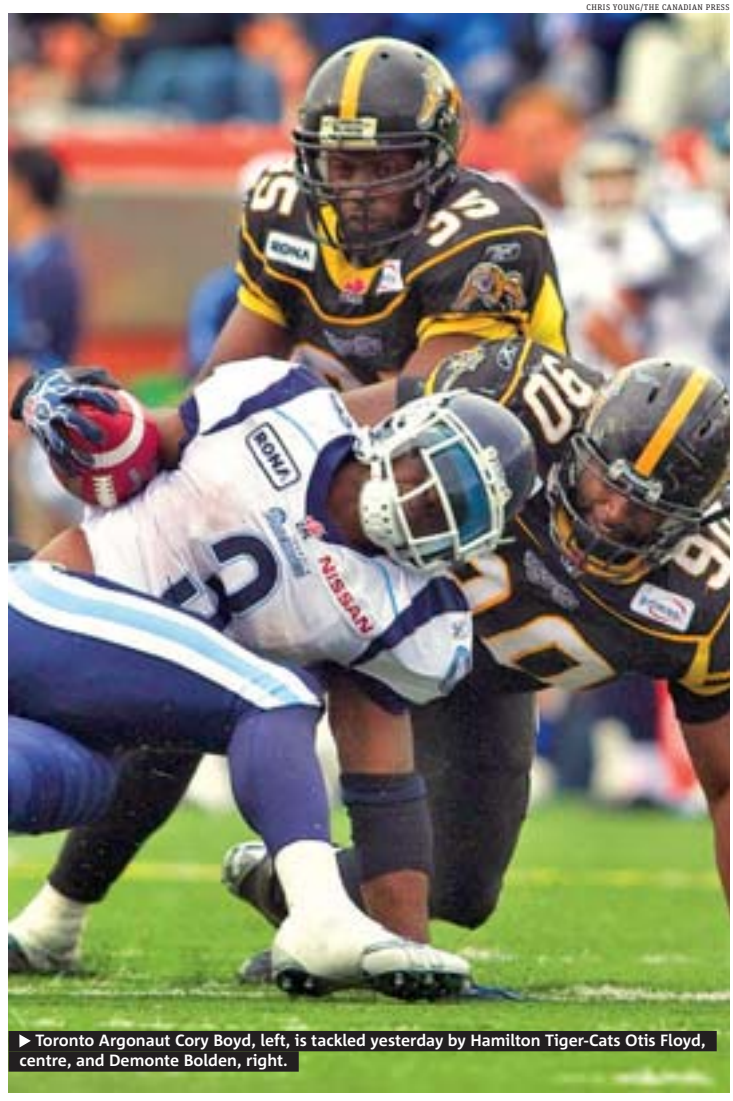
Grant Shaw kicked a convert and two field goals for Toronto, which has lost its last two games, both to Hamilton.

Knowlton's block and TD were the big plays of the opening half, but it was a staunch Hamilton defence that helped stake the Ticats to their half-time lead.

Three times Toronto drove into the red zone, but could only manage a field goal.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



▶ Toronto Argonaut Cory Boyd, left, is tackled yesterday by Hamilton Tiger-Cats Otis Floyd, centre, and Demonte Bolden, right.

Quoted

"It's every quarterback's dream to be a starter in the National Football League. My number is called now and I'm going to have fun with it."

DENNIS DIXON, ON BEING PICKED TO START AT QUARTERBACK FOR THE PITTSBURGH STEELERS.

"He went into the training camp as a young guy, second in the pecking order behind Byron Leftwich. He did a nice job and made it extremely competitive."

STEELERS COACH MIKE TOMLIN

Scan code for more sports

Revis ends holdout with return to Jets

Darrelle Revis signed a four-year deal with the New York Jets, officially marking his return to the team after a long holdout.

Revis agreed to a new contract late Sunday night and took an early morning flight yesterday from his home in South Florida. He arrived at the Jets' training facility after 1 p.m., rejoined his teammates and signed the deal.

Revis said the process "humbled me" and he had "butterflies" before seeing his teammates because he didn't know what kind of reception they would give him. He was relieved when they cheered him as he joined them on the practice field. Revis didn't practise, but coach Rex Ryan said the cornerback will play in the season opener against Baltimore next Monday night.

THE ASSOCIATED PRESS

CHRIS MCGRATH/GETTY IMAGES

▶ Darrelle Revis

Sports in brief

Texans sign Leinart: Agent

NFL. Matt Leinart has agreed to a one-year deal with the Houston Texans, according to agent Tom Condon.

Leinart was cut by Arizona Saturday.

Condon confirmed in a phone interview with The Associated Press yesterday that Leinart had reached a deal with the Texans. The Texans would not confirm the deal.

THE ASSOCIATED PRESS

Als' Spencer hurt in 'serious incident'

CFL. Montreal Alouettes linebacker Walter Spencer was taken to hospital early yesterday morning after being involved in a serious incident.

The club did not reveal the nature of the incident or the extent of Spencer's injuries, but said his condition is listed as stable but serious.

THE CANADIAN PRESS

Wozniacki tops mistake-prone Sharapova

Top-seeded Wozniacki advances to quarter-finals ▶ Denmark native commits just 10 unforced errors compared to Sharapova's 36

AL BELLO/GETTY IMAGES

▶ Caroline Wozniacki celebrates match point against Maria Sharapova yesterday at the U.S. Open.

Forehands, backhands, big serves. Caroline Wozniacki got almost everything back yesterday, frustrating Maria Sharapova in a 6-3, 6-4 victory to advance to the quarter-finals of the U.S. Open.

Top-seeded Wozniacki won the way she always does — by chasing down hundreds of balls and forcing the other player into making mistakes.

The 14th-seeded Sharapova, trying to return to the quarter-finals at Flushing Meadows for the first time since winning it all in 2006, fought for longer than any of Wozniacki's opponents to this point. But as the pressure of Wozniacki's consistency built, the hard-hitting Russian went for even more, with limited results.

Sharapova wound up making 36 unforced errors. Wozniacki finished with 10 in what was, by far, her biggest challenge of the tournament thus far.

"I knew it wasn't going to be easy," said Wozniacki, who lost to Kim Clijsters in the final last year. "I got a lot of experience from last year, so it definitely helped me today."

Wozniacki improved to 18-1 since Wimbledon and stretched her winning streak to 12 matches. Through her first four U.S. Open matches, she has lost a total of 10 games. Maybe most impressive, though, is this stat: She's made 40 unforced errors, compared to 123 by her opponents.

In men's action, Roger Federer reached the quarter-finals at a 26th major in a row by beating No. 13 Jurgen Melzer of Austria 6-3, 7-6 (4), 6-3 in last night's final match.

He will take on No. 5 Robin Soderling in the quarter-finals.

Quarter-finals

- Next up, "Woz" plays 45th-ranked Dominika Cubulkova, who defeated No. 11 Svetlana Kuznetsova 7-5, 7-6 (4) earlier yesterday.
- The other quarter-final on that side of the draw will be No. 31 Kaia Kanepi of Estonia against No. 7 Vera Zvonareva, who overwhelmed 38th-ranked Andrea Petkovic of Germany 6-1, 6-2 last night.

THE ASSOCIATED PRESS

ANDREW BURTON/GETTY IMAGES

▶ Novak Djokovic

Djokovic devours Fish at U.S. Open

No. 3 Novak Djokovic sucked all the life out of the crowd at Arthur Ashe Stadium by routing No. 19-seeded American Mardy Fish, 6-3, 6-4, 6-1 yesterday.

Djokovic, eyeing his third straight U.S. Open semifinal, will play No. 17 Gael Monfils in the quarters.

Earlier, Monfils beat fellow Frenchman Richard Gasquet 6-4, 7-5, 7-5.

Since a five-set scare in the first round, Djokovic hasn't dropped a set. Against Fish, who has played two five-setters in addition to doubles over the first week, the Serb was the better, fresher player.

THE ASSOCIATED PRESS

1

Mardy Fish's loss left only one American in the draw, No. 20 Sam Querrey, who plays No. 25 Stanislas Wawrinka today.

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	86	52	.623	-
TAMPA BAY	83	54	.606	2.5
BOSTON	77	61	.558	9
TORONTO	71	66	.518	14.5
BALTIMORE	52	86	.377	34

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	81	57	.587	-
CHICAGO	77	60	.562	3.5
DETROIT	68	70	.493	13
KANSAS CITY	57	80	.416	23.5
CLEVELAND	55	82	.401	25.5

AL WEST

	W	L	Pct	GB
TEXAS	75	62	.547	-
OAKLAND	68	69	.496	7
LOS ANGELES	66	71	.482	9
SEATTLE	54	84	.391	21.5

Yesterday's AL results

Baltimore 4 N.Y. Yankees 3
Chicago White Sox 5 Detroit 4 (10 ings)
Toronto 7 Texas 2
Minnesota 5 Kansas City 4
Oakland 6 Seattle 2
Boston 12 Tampa Bay 5
Cleveland at L.A. Angels

Today's AL games

Baltimore at N.Y. Yankees, 7:05 p.m.
Chi White Sox at Detroit, 7:05 p.m.
Texas at Toronto, 7:07 p.m.
Tampa Bay at Boston, 7:10 p.m.
Kansas City at Minnesota, 8:10 p.m.
Cleveland at L.A. Angels, 10:05 p.m.
Seattle at Oakland, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	79	59	.572	-
PHILADELPHIA	79	60	.568	.5
FLORIDA	70	67	.511	8.5
NEW YORK	67	71	.486	12
WASHINGTON	60	78	.435	19

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	79	58	.577	-
ST. LOUIS	72	63	.533	6
HOUSTON	64	73	.467	15
MILWAUKEE	63	74	.460	16
CHICAGO	60	78	.435	19.5
PITTSBURGH	46	91	.336	33

NL WEST

	W	L	Pct	GB
SAN DIEGO	76	59	.563	-
SAN FRANCISCO	77	61	.558	.5
COLORADO	73	64	.533	4
LOS ANGELES	69	68	.504	8
ARIZONA	56	82	.406	21.5

Yesterday's NL results

Florida 7-4 Philadelphia 1-7
Washington 13 N.Y. Mets 3
Pittsburgh 3 Atlanta 1
St. Louis 8 Milwaukee 6
Chicago Cubs 5 Houston 4
Colorado 10 Cincinnati 5
San Francisco 2 Arizona 0 (11 ings)
L.A. Dodgers at San Diego

Today's NL games

Atlanta at Pittsburgh, 7:05 p.m.
Florida at Philadelphia, 7:05 p.m.
N.Y. Mets at Washington, 7:05 p.m.
Houston at Chicago Cubs, 8:05 p.m.
St. Louis at Milwaukee, 8:10 p.m.
Cincinnati at Colorado, 8:40 p.m.
San Francisco at Arizona, 9:40 p.m.
L.A. Dodgers at San Diego, 10:05 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	9	6	3	0	286	231	12
HAMILTON	9	5	4	0	229	228	10
TORONTO	9	5	4	0	204	243	10
WINNIPEG	9	2	7	0	247	271	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	9	8	1	0	323	182	16
SASK.	9	6	3	0	276	236	12
EDMONTON	9	2	7	0	167	305	4
B.C.	9	2	7	0	208	244	4

Yesterday's results

Hamilton 28 Toronto 13
Calgary 52 Edmonton 5

Friday's result

B.C. 38 Montreal 17

Sunday's result

Saskatchewan 27 Winnipeg 23

THIS DAY IN SPORTS

Sept. 7

1993 - Mark Whiten of the St. Louis Cardinals has the greatest game at the plate in major league history in the nightcap of a doubleheader against Cincinnati. In the 15-2 win, Whiten hits four home runs and drives in 12 runs, becoming the only player to accomplish both feats in one game.

1996 - Mike Tyson needs just 109 seconds to win the WBA heavyweight championship from Bruce Seldon in Las Vegas.

Romero looks to finish with flourish

Blue Jays left-hander earns win in strong performance against AL West leaders ▶ Toronto gets home runs from Wells, Hill and Escobar

BLUE JAYS	RANGERS
7	2

Pitching in September is a difficult thing and the baseball season's long grind caught up to Ricky Romero somewhat last September, when a mostly strong rookie campaign fizzled at the finish.

In seven starts that month, he went 2-3 with an unsightly earned-run average of 5.44, and very rarely did he look as sharp as he did for most of 2009.

This time around, the 25-year-old left-hander believes he's better prepared to finish with a flourish, and it showed with a dominant performance in yesterday's 7-2 victory over the Texas Rangers.

Romero (12-8) allowed just one run over seven innings, and was in complete control against the struggling American League West leaders, even in the rare moments when things might have got out of hand.

"Last September, at times I was so upset with walks and all that stuff and right now I don't think I'm letting that affect me," said Romero. "If I walk a guy, I'm kind of, 'Get a groundball here and get out of the inning.'

"That was an example of today, when I walked two guys (in the third inning) and got (Nelson) Cruz to ground into that double play. The confidence is way up there, knowing that I'm going to grind out seven, eight innings whenever I can."

There wasn't much grinding for him in this one, as the Blue Jays (71-66) pummelled Tommy Hunter (12-3) and the Rangers (75-62), who suffered a fourth straight loss, and eighth in 11 outings.

Vernon Wells, Aaron Hill and Yunel Escobar each had home runs in the contest.

THE CANADIAN PRESS

Look out, it's a 'B'

- A middle-aged man escaped serious injury when he was struck by a metre-long metal 'B' that was dislodged from the Rogers Centre facing by a Jose Bautista foul ball off Texas Rangers pitcher Tommy Hunter yesterday.
- The white letter, part of the nameplate honouring Jackie Robinson on the 400 level, dropped about 10 metres to the 200 level where a fan who identified himself only as Ian was struck in the right shoulder.
- He suffered a scrape and was treated by paramedics.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Vernon Wells celebrates a three-run homer in the bottom of the third inning yesterday afternoon.

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New Orleans $278
Travel Nov 10 - Nov 17/ws + taxes & fees $125

Los Angeles $299
Travel Nov 2 - Nov 9/dl + taxes & fees $114

Costa Rica $399
Travel Nov 2 - Nov 16/dl + taxes & fees $272

Johannesburg $898
Travel Nov 8 - Nov 22/dl + taxes & fees $472

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Travel Nov 10 - Nov 24/qf + taxes & fees $441

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Departs Sep 17/nol/c6.

Punta Cana 7 Nights 4.5-Star $347
Catalonia Bavaro Beach, Golf & Casino Resort + taxes & fees $332
Departs Sep 17/nol/c6.

Mayan Riviera 7 Nights 4-Star $390
RIU Lupita + taxes & fees $283
Departs Sep 12/sqv/ws.

Jamaica 7 Nights 3.5-Star $397
Royal Decameron Montego Beach + taxes & fees $279
Departs Oct 2/nol/ts.

Panama 7 Nights 4-Star $397
Royal Decameron + taxes & fees $245
Departs Sep 20/nol/c6.

Mazatlan 7 Nights 5-Star $455
RIU Emerald Bay + taxes & fees $279
Departs Oct 8/sgn/wg.

Sun Vacation

Havana
Air + 7 Nights 4-Star $145
Aparthotel Montehabana + taxes & fees $220
Departs Sep 14/swg/wg.

Vacations

Thailand Island Hopping Air + 8 Nights $1599
Deevana Patong Resort, Koh Yao Yai Village, Phi Phi Natural Resort + taxes & fees $257
INCLUDES roundtrip air to Phuket, 3 nights Phuket accom, 2 nights Koh Yao accom and 3 nights Phi Phi Island accom. Departs Nov 9/ggv/cx. BONUS breakfast included.

Niagara Falls Family Special
1 Night + Waterpark $59◊
Great Wolf Lodge taxes & fees included
INCLUDES family suite accom with waterpark pass. Price per person based on a family of 4. Departs Oct 22/ggv. BOOK this package based on double occupancy for $114 per person.

Paris Air + First 2 Nights $431
All Season's Bercy + taxes & fees $363
INCLUDES central accom. Travel Oct 16 - 29/vat/ts.

London Air + 7 Nights $777
Ambassador Hotel + taxes & fees $406
INCLUDES central accom. Departs Oct 12/vat/ts.

Sydney Air + First 3 Nights $1299
Breakfree on George + taxes & fees $412
INCLUDES accom in the heart of Sydney's Darling Harbour. Travel Oct 19 - 31/ggv/qf.

Buenos Aires Air + 6 Nights $1329
Tryp Buenos Aires + taxes & fees $273
INCLUDES accom in the heart of downtown Buenos Aires. Departs Oct 7, 14, 21, 28/ggv/ua. BONUS buffet Breakfast daily & FREE Internet in all rooms and public areas.

USA Vacations

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Halloween Special, Air + 3 Nights $469
Holiday Inn Superdome + taxes & fees $126
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Orlando Family Special
Air + 7 Nights $139◊
Champions World Resort + taxes & fees $237
INCLUDES accom near *Walt Disney World* Resort. Price is based on a family of 4. Departs Sep 17/ggv/ts. BOOK this package based on double occupancy for $199 per person plus taxes.

Miami Air + 4 Nights $399
Sonesta Bayfront Hotel + taxes & fees $127
INCLUDES accom in Coconut Grove. Departs Sep 19/ggv/dl. OPTION stay in the heart of Miami Beach at Deauville Beach Resort for $47 more per person.

San Francisco Air + 3 Nights $499
Hotel Beresford + taxes & fees $119
INCLUDES accom near Union Square. Departs Nov 17/ggv/dl. ADD Wine Country tour for $74.

New York Air + 3 Nights $599
Excelsior Hotel + taxes & fees $105
INCLUDES Manhattan accom. Departs Nov 17/ggv/la. ADD Top of the Rock observation pass for $21.

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KEELE & LAWRENCE	2050 Keele St	Jr 1 Bd from $795	1 Bd from $835	2 Bd from $995	3 Bd from $1200	416-529-3867
JANE & LAWRENCE	1755 Jane St	Jr 1 Bd from $775	1 Bdrms from $825	2 Bdrms from $975	416- 529-8964	Ask about our 1st mth free move in incentive
BATHURST & STEELES	6000 Bathurst	Bach from $875	1 Bd from $1025	2 Bd from $1150	3 Bd from $1400	416-661-7379

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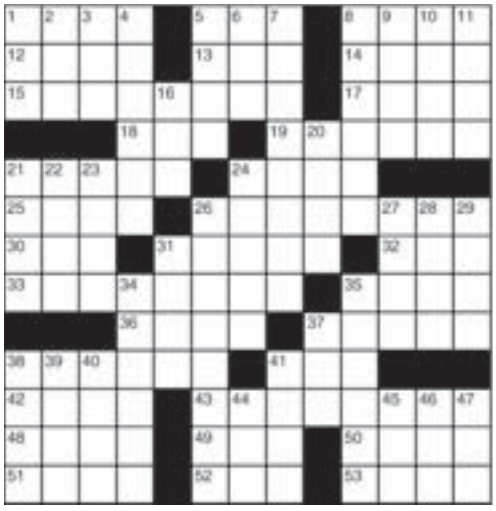
Crossword



Across
1 Taj Mahal city
5 Pitch
8 Duel tool
12 Housetop
13 Spoon-bender Geller
14 MRI forerunner
15 Pent up
17 Gardening aid
18 Genetic abbr.
19 Bureau part
21 Frat party garb
24 Follow relentlessly
25 Partner in crime
26 Post-parade litter
30 Whopper
31 "Ulysses" author
32 Court
33 Meeting attendant
35 Deserve
36 Fat
37 Fools
38 Crazy
41 Matterhorn, e.g.
42 Adolescent
43 Colleague
48 Mountaineer's grip
49 Pair
50 Rainbow
51 Base runner's goal
52 D.C. VIP
53 "The Price Is Right" props

Down
1 Joan of —
2 Stickum
3 Harry Potter's best friend
4 Public brawl
5 Albacore, e.g.
6 Exist
7 "Good —!" (welcome relief)
8 Breathe out
9 Ship's nose
10 Facility
11 Watchful one
16 Officeholders
20 Abundant
21 Body powder
22 Hodgepodge
23 Singer Campbell
24 Tampered (with)
26 Fixes typos
27 "— the night before ..."
28 Rent
29 Charged bits
31 Billie — King
34 Projecting rim
35 Vivacious cleverness
37 TV alien
38 Pruritus
39 Infamous lyre player
40 Line of fashion?
41 Unsigned (Abbr.)
44 Have bills
45 Historic time
46 Predetermine the outcome
47 Ar follower

▶ Yesterday's answer

Sudoku

	3			6			7	
		8	1		4	9		
4								6
9		2				7		1
			5		8			
8		3				2		5
1								9
		5	6		3	8		
	7			4			1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	5	7	3	4	8	2	1
8	4	7	2	9	1	5	3	6
2	3	1	5	8	6	4	7	9
4	6	8	1	5	3	7	9	2
1	2	9	4	7	8	6	5	3
7	5	3	6	2	9	1	8	4
9	8	4	3	1	5	2	6	7
3	1	2	8	6	7	9	4	5
5	7	6	9	4	2	3	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PACITA: You are the most beautiful woman in the world and you complete me as a human being. I swear I'll love you forever, because you are the best thing that ever happened to me!
ETERNALLY YOURS, LIPE

Please don't go this time again. It will never be easy to do a life without you. I have learned so much from you. And I need you on my bed every night. I love you with all my heart Adrian
LOVE LAURA

Sly, these last few weeks together have been heavenly. You always know how to electrify me! Thank you for paddleing my boat.
XOXOXO, DEVON

Thank you for everything. Thank you for the special moment, September 3rd. No matter what I'll be there for you. Je t'aimerai toujours.
SNOOPY

The Weather Network
Today Thundershowers 30°/15°
Wednesday Variable 21°/14°
Thursday Variable 20°/13°

Today's horoscope

For today's crossword answers nd for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You want to break free of habits and routines you know are holding you back, and what happens over the next few days will encourage you to be brave and change for the better.

♉ Taurus April 21-May 21 You have everything going for you at the moment, so make the most of your opportunities while they are still there. Nothing stays the same forever, so get off your backside and be the change you want to see in the world.

♊ Gemini May 22-June 21 Domestic matters need to be handled with care as the new week begins, not least because loved ones could be rather touchy over the next 24 hours.

♋ Cancer June 22-July 22 If certain people are being less than supportive then maybe it's time you got some new friends. You don't have to stick with the same old crowd. You don't have to think you owe them anything.

♌ Leo July 23-Aug.23 Things will start to go your way again over the next few days and your confidence will quickly return to its natural high level. Even so, money matters need to be handled with care.

♍ Virgo Aug. 24- Sept. 22 Don't take any notice of what others say is and is not possible. Listen only to what your inner voice tells you. You can sense that something wonderful is going to happen this week.

♎ Libra Sept. 23-Oct. 23 You seem to be under the impression that someone is out to get you and that you need to watch every step you take. It's more of an illusion that an impression and it's holding you back unnecessarily.

♏ Scorpio Oct. 24-Nov. 22 A door that has been closed to you in the past is opening inch by inch and by midweek at the latest the gap should be big enough for you to walk through with ease.

♐ Sagittarius Nov. 23-Dec. 21 People in positions of power will look kindly on you over the next few days, so be ready to take your chance and move up in the world, if that's what you desire.

♑ Capricorn Dec. 22-Jan. 20 You have spent enough time helping others, now it is time to help yourself. The planets are very much on your side right now, so make your plans and make your move when the moon is new in midweek.

♒ Aquarius Jan. 21-Feb. 18 Someone you have been in dispute with for quite some time is sending out signals that they want your feud to end. That's great, but it must be on the right terms.

♓ Pisces Feb. 19-March 20 Cosmic activity in your opposite sign of Virgo may be making life a bit of an uphill struggle at the moment but things will improve dramatically over the next few days. SALLY BROMPTON

The Weather Network WE'RE PROUD TO BE ONE OF CANADA'S TOP EMPLOYERS FOR YOUNG PEOPLE.

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK TAYLOR/THE CANADIAN PRESS

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Holguin
Playa Costa Verde • 4★
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Sept. 18 • 1 wk.
$429
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Samana
Grand Paradise Samana • 4★
All-Inclusive • Superior garden rm.
Oct. 3–24 • 1 wk.
$539
+Taxes & other fees (including service charges): $316

Gran Bahia Principe El Portillo • 4★
All-Inclusive • Standard rm.
Sept. 19 & 26 • 1 wk.
PRIVILEGES
$559
+Taxes & other fees (including service charges): $316

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Sept. 15–22, 26 & 28 • 1 wk.
PRIVILEGES
$799
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya
Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Nov. 4 • 1 wk.
$1049
+Taxes & other fees (including service charges): $296

Puerto Vallarta/ Riviera Nayarit
Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Nov. 13 • 1 wk.
PRIVILEGES
$1139
+Taxes & other fees (including service charges): $287

BAHAMAS

Great Exuma
Hideaways at The Palm Bay Beach Club • 3 1/2★
Garden view studio
Oct. 3–24 • 1 wk.
$879
+Taxes & other fees (including service charges): $207

SAINT LUCIA

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Oct. 2–30 • 1 wk.
$1299
+Taxes & other fees (including service charges): $232

USA

PHOENIX

Hotel Indigo Scottsdale • 3★
Continental breakfast • Standard rm.
Oct. 16–31 • 3 nts.
$699
+Taxes & other fees (including service charges): $136

CRUISE

Princess Cruise Lines[1]
Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan
Interior stateroom, cat. J
Nov. 21 • 1 wk.
$1089
+Taxes & other fees (including service charges): $263

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LAS VEGAS

Flamingo Las Vegas • 3 1/2★
Deluxe rm.
Nov. 13 & 16 • 4 nts.
$539
+Taxes & other fees (including service charges): $158

Caesars Palace Las Vegas • 4 1/2★
Classic rm.
Nov. 13 & 16 • 4 nts.
$589
+Taxes & other fees (including service charges): $158

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Spend Less, Get More.

40% off ENTIRE STOCK

- All Frames
- All Lenses
- All Options

PLUS AN ADDITIONAL

10% OFF

Savings applied to lenses. SunSations Collection not included. Complete pair purchase required. See Optician for details. Cannot be combined with any other offer, vision care plan, package pricing or prior orders.
Offer ends October 14, 2010.

Value Package

$159.99 complete

- Frame up to $180
- Scratch resistant single vision or **FREE NO-LINE BIFOCALS**

Complete pair purchase required. Offer includes frames up to $180 and single vision, ST28 or ST35 lined bifocals or no-line bifocals with scratch-resistant lenses. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. See optician for details. Offer ends October 14, 2010.

Senior Offer

65 Years or Older

Take an EXTRA $10 off*

*Must be used in conjunction with the $159.99 complete offer. Offer ends October 14, 2010.

Kids' Eyeglass Package**

$49.99

- FREE Impact and Scratch-Resistant Polycarbonate Lenses
- FREE UV Protection

**$49.99 kids package includes any frame up to $100.00 and polycarbonate single-vision lenses for any child 16 and under. See optician for details. Some special orders excluded. Additional charges for other lenses, options and high prescriptions. Complete pair purchase required. See Optician for details. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. Offer ends October 14, 2010.

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